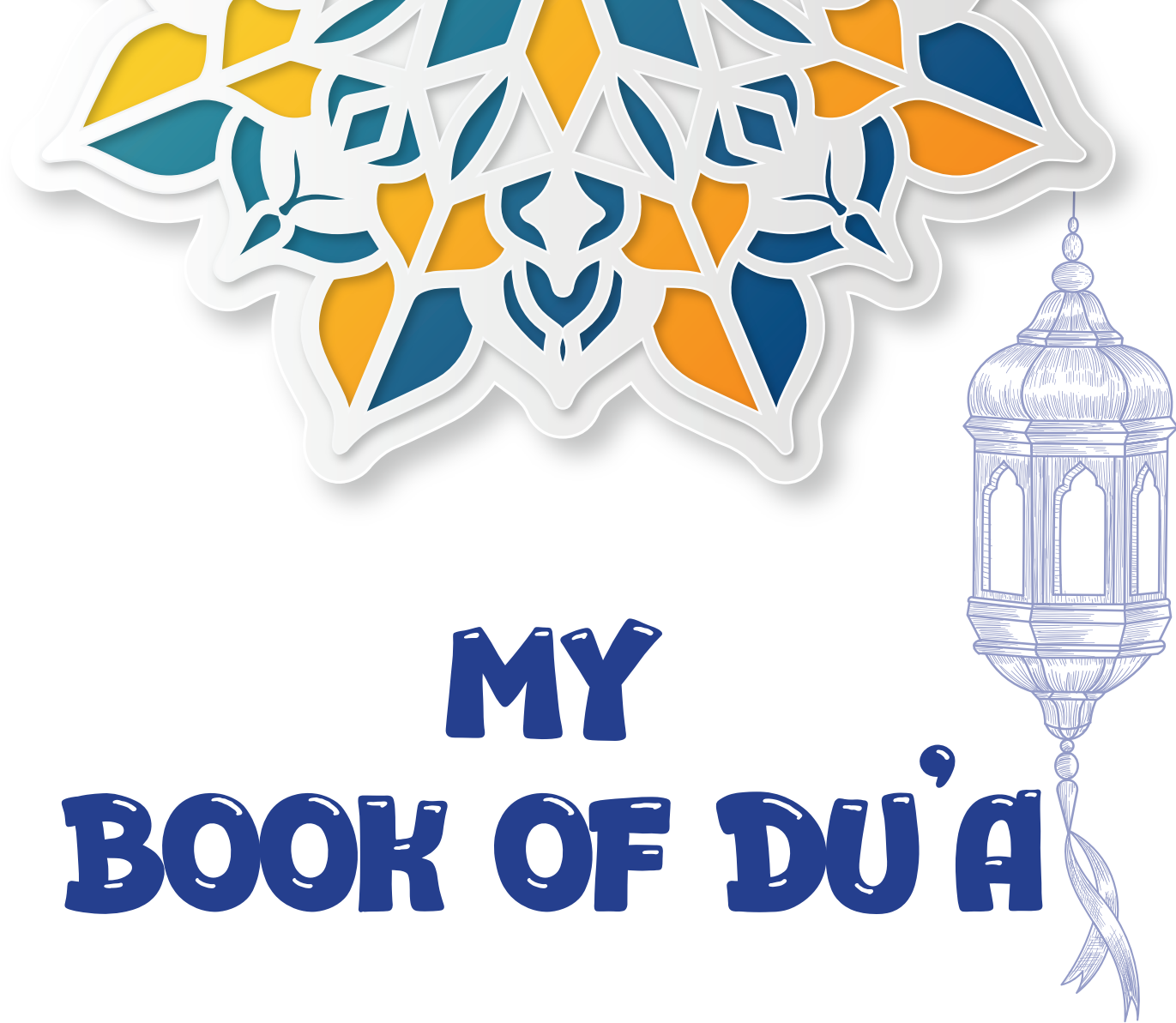




MY BOOK OF DU'A



Al-hidaayah
INTERNATIONAL SCHOOL

My Book of Du'a

Copyright ©

Al-hidaayah International School

First Print: August, 2026

No part of this publication may be reproduced, stored in or introduced into a retrieval system or transmitted in any form or by any means (electronic, mechanical, photocopying, recording or otherwise) without the permission of the publisher and copyright owner.

Jointly Developed by:



**ilannoor
publication**

37 Gias Garden Book Complex, Shop No 120, Banglabazar, Dhaka.

HOTLINE +088 01407 070 266-69 | info.ilannoor@gmail.com

www.ilannoor.com; [Fb:ilannoor.bd](https://www.facebook.com/ilannoor.bd)



Al-hidaayah
INTERNATIONAL SCHOOL

♀ **Girls' Campus:** Road 1, Block B, Plot 74B, Panchlaish R/A, Chattogram.

♂ **Boys' Campus:** Road 1, Block D, Plot 109, House 75, Panchlaish R/A, Chattogram.

♂ **Junior Campus:** Plot 2, Block A, O.R. Nizam Road, Panchlaish R/A, Chattogram.

♂ **Port Campus:** Bandar North Residential Area, (Beside Bandar Girl's College), Chattogram.

HOTLINE +8801969 90 88 99 | alhidaayahinternational@gmail.com

www.alhidaayah.edu.bd

TABLE OF CONTENT

Introduction.....	5	J. Adhkār Before Sleeping	36
Etiquettes of Supplicating to Allāh.....	7	K. Morning & Evening Adhkār	38
Times When Supplications Are More Likely to Be Accepted	10	L. Wudoo' & Salāh Adhkār	42
Daily Adhkār and Dua	14	M. Supplications in the Rukoo'	45
A. The Daily Adhkār.....	14	N. Supplications in the Sajdah.....	47
B. Knowledge.....	20	O. The Qunoot during Witr.....	53
C. Sickness & Ruqya.....	22	P. Simple Phrases of Dhikr.....	55
D. Seeking Forgiveness & Pardon	23	Q. Ramadān Related Adhkār	57
E. Seeking Refuge & Protection	25	R. The days of Dhul - Hijjah.....	58
F. Istikhāra - Seeking Allāh's Guidance.....	27	S. Addressing Allah by His Beautiful Names....	60
G. Asking Allāh - Beautiful Supplications.....	28		
H. Supplications from the Qur'an	32		
I. Supplications of the Prophets.....	34		



Publisher's Note

All praise is due to Allāh, Lord of the worlds. May His peace and blessings be upon His final Messenger, Muḥammad ﷺ, his family, his Companions, and all who faithfully follow his guidance until the Last Day.

Supplication (du‘ā) is among the greatest acts of worship and one of the strongest means by which a believer maintains a living relationship with his Lord. It is the language of hope, gratitude, repentance, reliance, and complete submission to Allāh. Every believer—young or old, learned or beginning the journey of faith—stands in continual need of authentic supplications that were taught by Allāh in the Qur‘ān and by His Messenger ﷺ in the Sunnah.

This handbook has been prepared with that noble objective in mind. Every effort has been made to compile authentic supplications from reliable sources, present the Arabic text with complete tashkīl (vowel marks), provide clear English translations, and arrange the material according to practical daily needs. In addition to the supplications themselves, the book introduces the reader to the virtues of du‘ā, its etiquettes, the occasions when supplications are especially encouraged, and important guidance drawn from the Qur‘ān and authentic Sunnah. Whether used in the home, classroom, masjid, or during personal worship, we pray that this book becomes a lifelong companion—helping readers memorize, understand, and consistently practice the beautiful supplications taught by revelation.

We humbly ask Allāh سبحانه وتعالى to accept this effort purely for His sake, to make it beneficial for every reader, to forgive our shortcomings, and to grant continuous reward to everyone who contributed to its preparation, publication, teaching, and distribution. رَبَّنَا تَقَبَّلْ مِنَّا إِنَّكَ أَنْتَ السَّمِيعُ الْعَلِيمُ

Publisher, ilannoor Edification

Introduction

Du‘ā (supplication) reflects a believer’s complete dependence upon Allāh, humility before Him, and certainty that every good comes from Him alone. Through du‘ā, the believer turns to his Lord in times of ease and hardship, seeking His guidance, mercy, forgiveness, protection, and blessings.

The Qur’an repeatedly calls the believers to invoke their Lord with sincerity and hope. Allāh, the Most High, says:

وَقَالَ رَبُّكُمُ ادْعُونِي أَسْتَجِبْ لَكُمْ إِنَّ الَّذِينَ يَسْتَكْبِرُونَ عَنْ عِبَادَتِي سَيَدْخُلُونَ جَهَنَّمَ دَاخِرِينَ ﴿٦٠﴾

“And your Lord says, ‘Call upon Me; I will respond to you. Indeed, those who are too proud to worship Me will enter Hell humbled and disgraced.’” (*Sūrah Ghāfir* 40:60)

He also says:

وَإِذَا سَأَلَكَ عِبَادِي عَنِّي فَإِنِّي قَرِيبٌ ۖ أُجِيبُ دَعْوَةَ الدَّاعِ إِذَا دَعَانِ ۖ فَلْيَسْتَجِيبُوا لِي وَلْيُؤْمِنُوا بِي لَعَلَّهُمْ يَرْشُدُونَ ﴿١٨٦﴾

“And when My servants ask you concerning Me, indeed I am near. I answer the call of the supplicant whenever he calls upon Me. So let them respond to Me in obedience and believe in Me, so that they may be rightly guided.” (*Sūrah al-Baqarah* 2:186)

The Prophet Muḥammad ﷺ emphasized the lofty status of du‘ā, saying:

«الدُّعَاءُ هُوَ الْعِبَادَةُ»

“Du‘ā is worship.” (*Sunan Abū Dāwūd*, no. 1479; *Jāmi‘ al-Tirmidhī*, no. 2969 – *Ṣaḥīḥ*)

He ﷺ also said:

«لَيْسَ شَيْءٌ أَكْرَمَ عَلَى اللَّهِ مِنَ الدُّعَاءِ»

“There is nothing more honourable in the sight of Allāh than supplication.” (*Jāmi‘ al-Tirmidhī*, no. 3370 – *Ḥasan*)

The early generations likewise understood the immense virtue of supplication. Imām Mālik رحمه الله narrated that Zayd ibn Aslam said: **“No servant makes a supplication except that one of three things is granted to him: either his supplication is answered immediately, or it is stored for him as a reward in the Hereafter, or an equivalent amount of his sins is expiated because of it.”** (*Al-Muwaṭṭa’ of Imām Mālik*, no. 508)

Etiquettes of Supplicating to Allāh

آداب الدعاء

Allāh, the Exalted, says:

إِنَّهُمْ كَانُوا يُسَارِعُونَ فِي الْخَيْرَاتِ وَيَدْعُونَنَا رَغَبًا وَرَهَبًا ۖ وَكَانُوا لَنَا خَاشِعِينَ

"Indeed, they used to hasten to good deeds, and they would call upon Us with hope and fear, and they were humbly submissive before Us." (Sūrah al-Anbiyā' 21:90)

The Qur'an and the authentic Sunnah teach several etiquettes that increase the excellence of supplication and reflect proper humility before Allāh.

- 1. Sincerity (Ikhlaṣ):** Direct every supplication to Allāh alone with complete sincerity, seeking His pleasure alone. [Qur'an 40:14]
- 2. Begin with Praise of Allāh:** Begin by praising and glorifying Allāh, then send blessings and peace upon the Prophet Muḥammad ﷺ before making your request. [Sunan al-Tirmidhī 3477 (Ṣaḥīḥ)]
- 3. Have Firm Conviction:** Supplicate with certainty that Allāh hears you and will answer in the manner and time that is best.

- 4. Be Persistent:** Continue making du‘ā and do not become impatient if the answer is delayed.
- 5. Be Attentive:** Supplicate with a present, humble and attentive heart, avoiding heedlessness.
- 6. Supplicate During Times of Ease:** Remember Allāh during times of comfort so that He will care for you during times of hardship.
- 7. Rely Upon Allāh Alone:** Do not direct acts of worship or supplication to anyone besides Allāh. Place your complete trust in Him.
- 8. Do Not Supplicate Against Yourself or Others Unjustly:** Do not pray against yourself, your children, your family or your wealth, lest your supplication coincides with a time when prayers are accepted.
- 9. Lower the Voice:** Supplicate with humility and moderation—neither shouting nor whispering inaudibly.
- 10. Invoke Allāh by His Beautiful Names:** Call upon Allāh using His Beautiful Names and Perfect Attributes that are appropriate to your request. [Qur’an 7:180]
- 11. Acknowledge Your Sins:** Confess your shortcomings while recognising Allāh’s countless favours and mercy.
- 12. Combine Hope and Fear:** Supplicate with hope in Allāh’s mercy while fearing His punishment. [Qur’an 7:56, 21:90]
- 13. Seek Nearness Through Righteous Deeds:** It is permissible to mention sincere righteous deeds as a means of seeking Allāh’s favour, as demonstrated in the authentic narration of the three men trapped in the cave. [Ṣaḥīḥ al-Bukhārī 2272; Ṣaḥīḥ Muslim 2743]

14. Raise the Hands: It is from the Sunnah to raise the hands during many supplications. However, there is no authentic evidence that the Prophet ﷺ regularly raised his hands after every obligatory prayer, so this should not be made a regular practice. [Ṣaḥīḥ Muslim 1015]

15. Consume Lawful Food: Ensure that one's food, drink, clothing and earnings are lawful (ḥalāl), for unlawful earnings are among the greatest causes preventing supplications from being answered. [Ṣaḥīḥ Muslim 1015]

16. Face the Qiblah (When Appropriate): Facing the Qiblah while supplicating is recommended on many occasions, although it is not a condition for the acceptance of du'ā.

17. Choose Blessed Times: Take advantage of times in which supplications are especially likely to be accepted, such as:

1. During sujūd (prostration)
2. The last third of the night
3. Between the adhān and iqāmah
4. While fasting
5. Before saying salām in prayer
6. On Friday (during the hour of acceptance)
7. While travelling
8. On the Day of 'Arafah

18. Do Not Be Excessive: Ask Allāh respectfully and avoid transgression or exaggeration in supplication.

Times When Supplications Are More Likely to Be Accepted

أوقات يُرجى فيها إجابة الدعاء

Allāh, the Exalted, says:

أَمَّنْ يُجِيبُ الْمُضْطَرَّ إِذَا دَعَاهُ وَيَكْشِفُ السُّوءَ وَيَجْعَلُكُمْ خُلَفَاءَ الْأَرْضِ ۚ إِنَّ اللَّهَ ۖ قَلِيلًا مَّا تَذَكَّرُونَ

"Or Who responds to the distressed when he calls upon Him, removes adversity, and makes you successors upon the earth? Is there any deity besides Allāh? Little do you take heed." (Sūrah al-Naml 27:62)

The following are among the occasions during which supplications are especially encouraged and are more likely to be accepted, as established in the Qur'an and authentic Sunnah.

1. **Laylat al-Qadr** (The Night of Decree). (Qur'an 97:1-5; Jāmi' al-Tirmidhī, no. 3513)
2. **During the last third of the night, especially before dawn.** (Ṣaḥīḥ al-Bukhārī, no. 1145; Ṣaḥīḥ Muslim, no. 758)
3. While in prostration (sujūd). (Ṣaḥīḥ Muslim, no. 482)
4. **Before concluding the prayer, after the final tashahhud and before saying salām.** (Ṣaḥīḥ al-Bukhārī, no. 835; Ṣaḥīḥ Muslim, no. 402)

5. **Between the adhān and the iqāmah.** (Sunan Abū Dāwūd, no. 521; Jāmi' al-Tirmidhī, no. 212 – Ṣaḥīḥ)
6. **When rain is falling.** (Sunan Abū Dāwūd, no. 2540 – Ḥasan)
7. **During the Hour of Response on Friday (Sa'at al-Ijābah).** During the Hour of Response on Friday (سَاعَةُ الْإِجَابَةِ)—a blessed hour in which no Muslim asks Allāh for something good except that He grants it. The exact time was not specified definitively; however, the two strongest scholarly opinions are: (1) from the time the imām sits on the minbar until the Friday prayer concludes, and (2) the last hour after 'Aṣr until sunset, with many scholars preferring the latter. (Ṣaḥīḥ al-Bukhārī, no. 935; Ṣaḥīḥ Muslim, no. 852) (Ṣaḥīḥ al-Bukhārī, no. 935; Ṣaḥīḥ Muslim, no. 852)
8. **When drinking Zamzam water with sincere intention.** (Sunan Ibn Mājah, no. 3062 – Ḥasan)
9. **Upon hearing the crowing of a rooster, for it has seen an angel.** (Ṣaḥīḥ al-Bukhārī, no. 3303; Ṣaḥīḥ Muslim, no. 2729)
10. **The supplication of one who is ill.** (See al-Adab al-Mufrad, no. 534 – authentic in meaning; many scholars encourage requesting the du'ā of the sick.)
11. **The supplication of the one who has been wronged.** (Ṣaḥīḥ al-Bukhārī, no. 2448; Ṣaḥīḥ Muslim, no. 19)
12. **The supplication of a parent for his or her child.** (Sunan Abū Dāwūd, no. 1536; Jāmi' al-Tirmidhī, no. 1905 – Ḥasan)
13. **The supplication of a fasting person, especially at the time of breaking the fast.** (Jāmi' al-Tirmidhī, no. 3598; Sunan Ibn Mājah, no. 1753 – Ḥasan)
14. **The supplication of a traveller.** (Jāmi' al-Tirmidhī, no. 1905 – Ḥasan)
15. **Upon awakening during the night and remembering Allāh before making supplication.** (Ṣaḥīḥ al-Bukhārī, no. 1154)
16. **After praising Allāh and sending blessings upon the Prophet ﷺ before making one's request.** (Sunan Abū Dāwūd, no. 1481; Jāmi' al-Tirmidhī, no. 3477 – Ṣaḥīḥ)

اَدْعُونِي اَسْتَجِبْ لَكُمْ

“Call upon Me, and I will respond to you” [40:60]



Ash-Shahādah

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ
وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

I bear witness that none has the right to be worshipped but Allāh alone, Who has no partner;
and I bear witness that Muhammad is His slave and His Messenger.



Daily Adhkār and Dua

A. The Daily Adhkār



	Topic	English	Arabic
1	Before Sleeping	In Your Name, O Allāh, I die and I live.	بِاسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا.
2	Upon Waking Up from Sleep	All Praise belongs to Allāh, Who gave us life after He caused us to die, and unto Him is the resurrection [back to life].	الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا، وَإِلَيْهِ النُّشُورُ.
3	Before entering the washroom	[In the Name of Allāh]. O Allāh! I seek refuge in You from the male and female evil [unclean] spirits.	[بِسْمِ اللَّهِ] اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبْثِ وَالْخَبَائِثِ.

A. The Daily Adhkār



	Topic	English	Arabic
4	Upon Exiting the Washroom	I seek Your forgiveness.	غُفْرَانِكَ.
5	Wearing a Garment	All Praise belongs to Allāh, the One who dressed me in this garment and provided me with it without any might or power from me.	الْحَمْدُ لِلَّهِ الَّذِي كَسَانِي هَذَا الثَّوْبَ وَرَزَقْنِيهِ مِنْ غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةَ.
6	Upon Undressing	In the Name of Allāh	بِسْمِ اللَّهِ.
7	Before Eating & Drinking	In the Name of Allāh	بِسْمِ اللَّهِ.
8	If one forgets to mention Allāh before eating	In the Name of Allāh, in the beginning and the end.	بِسْمِ اللَّهِ فِي أَوَّلِهِ وَآخِرِهِ.