

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

A COMPANION OF SUPPLICATIONS

30 Duas for Everyday Life

*Authentic supplications from the Qur'an & Sunnah,
with Arabic, transliteration & translation*

IslamTheUltimatePeace.com

As-salamu ‘alaykum,

Every one of us carries something we don't always say out loud — a worry about provision, a fear for our health, a hope for our children, a heart that just needs to slow down. The Qur'an and the Sunnah of the Prophet ﷺ give us words for exactly these moments: honest, direct, and always within reach.

This book gathers 30 of those supplications, organized around the situations you actually move through in a day — waking up, leaving the house, facing a hard conversation, worrying about money, asking for a righteous family, and turning back to Allah when the heart feels heavy.

Each dua is given in three parts: the Arabic as it was revealed or narrated, a transliteration to help you pronounce it, and an English translation of its meaning — along with its source, and a short note on when to use it.

May Allah accept these words from all of us, and make them a means of ease in your life. This book is a gift — please share it freely with anyone who might need it.

— *IslamTheUltimatePeace.com*



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PART 01

Morning, Evening & Daily Life

Short supplications the Prophet ﷺ taught to open and close the day, and to move through the small transitions of everyday life with Allah's remembrance.

01

Upon Waking Up

Say this the moment you open your eyes, before rising from bed.

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

TRANSLITERATION

Al-hamdu lillahir-ladhi ahyana ba'da ma amatana wa ilayhin-nushur.

MEANING

“All praise is for Allah, Who gave us life after having taken it from us, and unto Him is the resurrection.”

Sahih al-Bukhari 6312



02

Morning Remembrance

Recite after Fajr, as the day begins.

أَصْبَحْنَا وَأَصْبَحَ الْمُلْكُ لِلَّهِ، وَالْحَمْدُ لِلَّهِ

TRANSLITERATION

Asbahna wa asbahal-mulku lillah, wal-hamdu lillah.

MEANING

“We have reached the morning, and with it all sovereignty belongs to Allah, and all praise is for Allah.”

Sahih Muslim 2723



03

Evening Remembrance

Recite after Asr, as the day comes to a close.

أَمْسَيْنَا وَأَمْسَى الْمُلْكُ لِلَّهِ، وَالْحَمْدُ لِلَّهِ

TRANSLITERATION

Amsayna wa amsal-mulku lillah, wal-hamdu lillah.

MEANING

“We have reached the evening, and with it all sovereignty belongs to Allah, and all praise is for Allah.”

Sahih Muslim 2723



04

Leaving the House

Say this as you step out the door, for protection over your affairs.

بِسْمِ اللَّهِ تَوَكَّلْتُ عَلَى اللَّهِ وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

TRANSLITERATION

Bismillahi tawakkaltu 'alallahi wa la hawla wa la quwwata illa billah.

MEANING

“In the name of Allah, I place my trust in Allah, and there is no power nor might except with Allah.”

Sunan Abi Dawud 5095, Jami' at-Tirmidhi 3426



05

Entering the House

Say this upon entering, and greet whoever is inside with salam.

بِسْمِ اللَّهِ وَلَجْنَا، وَبِسْمِ اللَّهِ خَرَجْنَا، وَعَلَى رَبِّنا تَوَكَّلْنَا

TRANSLITERATION

Bismillahi walajna, wa bismillahi kharajna, wa 'ala Rabbina tawakkalna.

MEANING

“In the name of Allah we enter, in the name of Allah we leave, and upon our Lord we place our trust.”

Sunan Abi Dawud 5096



06

Before Eating

Say the short form before every meal; if you forget until partway through, say the longer form.

بِسْمِ اللَّهِ ۞ بِسْمِ اللَّهِ فِي أَوَّلِهِ وَآخِرِهِ

TRANSLITERATION

Bismillah – (if forgotten at the start) Bismillahi fi awwalihī wa akhirih.

MEANING

“In the name of Allah – (or, if remembered mid-meal) In the name of Allah, at its beginning and its end.”

Sunan Abi Dawud 3767, Jami' at-Tirmidhi 1858



07

After Eating

Say this once you finish a meal, as an act of gratitude.

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنِي هَذَا، وَرَزَقَنِيهِ مِنْ غَيْرِ حَوْلٍ مِنِّي
وَلَا قُوَّةٍ

TRANSLITERATION

Al-hamdu lillahil-ladhi at'amani hadha, wa razaqanihi min ghayri hawlin minni wa la quwwah.

MEANING

“All praise is for Allah who fed me this and provided it for me without any power or ability on my part.”

Sunan Abi Dawud 4023, Jami' at-Tirmidhi 3458



08

Entering the Masjid

Say this as you step into the mosque, and step in with your right foot.

اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

TRANSLITERATION

Allahumma-ftah li abwaba rahmatik.

MEANING

“O Allah, open the gates of Your mercy for me.”

Sahih Muslim 713



09

Before Sleeping

Say this as you lie down for the night.

بِسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

TRANSLITERATION

Bismika Allahumma amutu wa ahya.

MEANING

“In Your name, O Allah, I die and I live.”

Sahih al-Bukhari 6324





PART 02

Seeking Allah's Protection & Removing Distress

*For the moments anxiety, sorrow, or hardship press in —
words the Prophet ﷺ himself turned to, and taught his
companions to hold onto.*

10

Ayat al-Kursi — The Verse of the Throne

Recite after each obligatory prayer and before sleeping, for protection.

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ لَا تَأْخُذُهُ سِنَّةٌ وَلَا نَوْمٌ لَهُ مَا فِي السَّمَاوَاتِ وَمَا
فِي الْأَرْضِ مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ
وَلَا يُحِيطُونَ بِشَيْءٍ مِنْ عِلْمِهِ إِلَّا بِمَا شَاءَ وَسِعَ كُرْسِيُّهُ السَّمَاوَاتِ وَالْأَرْضَ
وَلَا يَئُودُهُ حِفْظُهُمَا وَهُوَ الْعَلِيُّ الْعَظِيمُ

TRANSLITERATION

Allahu la ilaha illa Huwal-Hayyul-Qayyum, la ta'khudhuhu sinatun wa la nawm, lahu ma fis-samawati wa ma fil-ard, man dhal-ladhi yashfa'u 'indahu illa bi-idhnih, ya'lamu ma bayna aydihim wa ma khalfahum, wa la yuhituna bi-shay'im-min 'ilmih ila bima sha'a, wasi'a kursiyyuhus-samawati wal-ard, wa la ya'uduhu hifzuhuma, wa Huwal-'Aliyyul-'Azim.

MEANING

“Allah — there is no deity except Him, the Ever-Living, the Sustainer of existence. Neither drowsiness overtakes Him nor sleep. To Him belongs whatever is in the heavens and whatever is on the earth. Who is it that can intercede with Him except by His permission? He knows what is before them and what will be after them, and they encompass nothing of His knowledge except what He wills. His Throne extends over the heavens and the earth, and their preservation tires Him not. And He is the Most High, the Most Great.”

Qur'an, Surah Al-Baqarah 2:255

11

For Anxiety and Grief

Say this when worry, sadness, or overwhelm sets in.

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ، وَالْعَجْزِ وَالْكَسَلِ، وَالْجُبْنِ
وَالْبُخْلِ، وَضَلَعِ الدَّيْنِ وَغَلَبَةِ الرِّجَالِ

TRANSLITERATION

Allahumma inni a'udhu bika minal-hammi wal-hazan, wal-'ajzi wal-kasal,
wal-jubni wal-bukhl, wa dala'id-dayni wa ghalabatir-rijal.

MEANING

“O Allah, I seek refuge in You from anxiety and grief, from helplessness and laziness, from cowardice and miserliness, and from being overcome by debt and overpowered by other men.”

Sahih al-Bukhari 6369



12

The Dua of Yunus (عليه السلام)

Repeat in moments of deep distress or when a situation feels impossible.

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

TRANSLITERATION

La ilaha illa Anta subhanaka inni kuntu minaz-zalimin.

MEANING

“There is no deity except You; exalted are You. Indeed, I have been among the wrongdoers.”

Qur'an, Surah Al-Anbiya 21:87



13

Sayyid al-Istighfar — The Master Prayer of Forgiveness

The most comprehensive dua for forgiveness; recite it morning and evening.

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ، خَلَقْتَنِي وَأَنَا عَبْدُكَ، وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا
اسْتَطَعْتُ، أَعُوذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ، أَبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ، وَأَبُوءُ بِذَنْبِي
فَاغْفِرْ لِي فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ

TRANSLITERATION

Allahumma Anta Rabbi la ilaha illa Anta, khalaqtani wa ana 'abduka, wa ana 'ala 'ahdika
wa wa'dika mas-tata't, a'udhu bika min sharri ma sana't, abu'u laka bini'matika 'alayya,
wa abu'u bidhanbi faghfir li fa'innahu la yaghfirudh-dhunuba illa Ant.

MEANING

“O Allah, You are my Lord, there is no deity but You. You created me and I am Your servant, and I hold to Your covenant and promise as best I can. I seek refuge in You from the evil of what I have done. I acknowledge Your favor upon me, and I acknowledge my sin — so forgive me, for none forgives sins except You.”

14

For Protection from All Harm

Say this at night, or whenever you sense danger, harm, or unease.

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

TRANSLITERATION

A'udhu bikalimatillahit-tammati min sharri ma khalaq.

MEANING

“I seek refuge in the perfect words of Allah from the evil of what He has created.”

Sahih Muslim 2708



15

For Ease in Difficulty

Say this when a task feels overwhelming or a path forward feels blocked.

اللَّهُمَّ لَا سَهْلَ إِلَّا مَا جَعَلْتَهُ سَهْلًا، وَأَنْتَ تَجْعَلُ الْحَزْنَ إِذَا
شِئْتَ سَهْلًا

TRANSLITERATION

Allahumma la sahla illa ma ja'altahu sahla, wa anta taj'alul-hazna idha shi'ta sahla.

MEANING

“O Allah, nothing is easy except what You make easy, and You make hardship, if You will, easy.”

Sahih Ibn Hibban 974 (authenticated by al-Albani)



16

Sufficiency in Allah

Say this when you feel let down by people or overwhelmed by circumstances beyond your control.

حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ

TRANSLITERATION

Hasbunallahu wa ni'mal-Wakil.

MEANING

“Allah is sufficient for us, and He is the best Disposer of affairs.”

Qur'an, Surah Aal-'Imran 3:173





PART 03

Sustenance & Provision

Two supplications for a settled heart around rizq — asking not just for more, but for what is halal, sufficient, and blessed.

17

For Halal Provision

Say this when facing financial pressure, debt, or the pull toward a haram shortcut.

اللَّهُمَّ اكْفِنِي بِحَلَالِكَ عَنْ حَرَامِكَ، وَأَغْنِنِي بِفَضْلِكَ عَمَّنْ سِوَاكَ

TRANSLITERATION

Allahumma-kfini bi-halalika 'an haramika, wa aghnini bi-fadlika 'amman siwak.

MEANING

“O Allah, suffice me with what You have made lawful, keeping me away from what You have made unlawful, and make me independent of all others by Your bounty.”

Jami' at-Tirmidhi 3563



18

For Beneficial Knowledge and Good Provision

A short morning dua asking for three things together: knowledge, sustenance, and accepted deeds.

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا، وَرِزْقًا طَيِّبًا، وَعَمَلًا مُتَقَبَّلًا

TRANSLITERATION

Allahumma inni as'aluka 'ilman nafi'an, wa rizqan tayyiban, wa 'amalan mutaqabbala.

MEANING

“O Allah, I ask You for beneficial knowledge, good and pure provision, and deeds that are accepted.”

Sunan Ibn Majah 925





PART 04

Health & Healing

*Supplications the Prophet ﷺ used himself and taught for
sickness, pain, and seeking well-being — for yourself or
someone you love.*

19

For Healing (Shifa)

Recite over yourself or a sick person, placing your hand where it hurts.

اللَّهُمَّ رَبَّ النَّاسِ، اذْهَبِ الْبَأْسَ، اشفِ أَنْتَ الشَّافِي، لَا شِفَاءَ إِلَّا
شِفَاؤُكَ، شِفَاءً لَا يُغَادِرُ سَقَمًا

TRANSLITERATION

Allahumma Rabban-nas, adhhibil-ba's, ishfi Antash-Shafi, la shifa'a illa shifa'uk,
shifa'an la yughadiru saqama.

MEANING

“O Allah, Lord of mankind, remove this suffering and heal — You are the Healer, there is no healing but Your healing, a healing that leaves no illness behind.”

Sahih al-Bukhari 5675, Sahih Muslim 2191



20

Ruqyah for the Sick

The words taught by Jibril (عليه السلام) to comfort and protect the sick.

بِسْمِ اللَّهِ أَرْقِيكَ، مِنْ كُلِّ شَيْءٍ يُؤْذِيكَ، مِنْ شَرِّ كُلِّ نَفْسٍ أَوْ عَيْنٍ
حَاسِدٍ، اللَّهُ يَشْفِيكَ، بِسْمِ اللَّهِ أَرْقِيكَ

TRANSLITERATION

Bismillahi arqik, min kulli shay'iy yu'dhik, min sharri kulli nafsinn aw 'aynin
hasid, Allahu yashfik, bismillahi arqik.

MEANING

“In the name of Allah I perform ruqyah for you, from everything that harms you, from the evil of every soul or envious eye — may Allah heal you — in the name of Allah I perform ruqyah for you.”

Sahih Muslim 2186



21

For Well-Being in This Life and the Next

A broad, all-encompassing dua for pardon and wellness, in body, mind, and soul.

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ

TRANSLITERATION

Allahumma inni as'alukal-'afiya wal-'afiyata fid-dunya wal-akhirah.

MEANING

“O Allah, I ask You for pardon and well-being in this life and the next.”

Sunan Ibn Majah 3871





PART 05

Marriage & Family

*For a righteous spouse, a blessed marriage, children who
bring comfort to the eyes, and mercy upon the parents who
raised you.*

22

For a Righteous Spouse and Offspring

Recite when seeking marriage, or for the family you already have.

رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّاتِنَا قُرَّةَ أَعْيُنٍ وَاجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا

TRANSLITERATION

Rabbana hab lana min azwajina wa dhurriyyatina qurrata a'yunin waj'alna lil-muttaqina imama.

MEANING

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

Qur'an, Surah Al-Furqan 25:74



23

Blessing a Marriage

What the Prophet ﷺ said to newly married companions – say it for a couple, or have it said for you.

بَارَكَ اللَّهُ لَكَ، وَبَارَكَ عَلَيْكَ، وَجَمَعَ بَيْنَكُمَا فِي خَيْرٍ

TRANSLITERATION

Baraka Allahu laka, wa baraka 'alayka, wa jama'a baynakuma fi khayr.

MEANING

“May Allah bless you, and shower His blessings upon you, and join the two of you together in goodness.”

Sunan Abi Dawud 2130, Jami' at-Tirmidhi 1091



24

For Righteous Children

The dua of Prophet Zakariyya (عليه السلام) when he asked Allah for a child.

رَبِّ هَبْ لِي مِنْ لَدُنْكَ ذُرِّيَّةً طَيِّبَةً إِنَّكَ سَمِيعُ الدُّعَاءِ

TRANSLITERATION

Rabbi hab li min ladunka dhurriyyatan tayyibah, innaka Sami'ud-Du'a.

MEANING

“My Lord, grant me from Yourself a good and righteous offspring. Indeed, You are the Hearer of supplication.”

Qur'an, Surah Aal-'Imran 3:38



25

For Your Parents

Say this for your parents, whether they are living or have passed away.

رَبِّ اَرْحَمُهُمَا كَمَا رَبَّيَّانِي صَغِيرًا

TRANSLITERATION

Rabbi-rhamhuma kama rabbayani saghira.

MEANING

“My Lord, have mercy upon them, just as they raised me when I was small.”

Qur'an, Surah Al-Isra 17:24





PART 06

Knowledge, Success & Guidance

*For students, exams, decisions, and the everyday courage to
speak and act well — asking Allah for a clear mind and a
steady heart.*

26

For Increase in Knowledge

Recite before studying, learning, or beginning a course of knowledge.

رَبِّ زِدْنِي عِلْمًا

TRANSLITERATION

Rabbi zidni 'ilma.

MEANING

“My Lord, increase me in knowledge.”

Qur'an, Surah Ta-Ha 20:114



27

For Ease Before a Difficult Task or Exam

The dua of Prophet Musa (عليه السلام) before facing Pharaoh – recite before an exam, interview, or hard conversation.

رَبِّ اشْرَحْ لِي صَدْرِي، وَيَسِّرْ لِي أَمْرِي، وَاحْلُلْ عُقْدَةً مِنْ لِسَانِي،
يَفْقَهُوا قَوْلِي

TRANSLITERATION

Rabbish-rahli sadri, wa yassir li amri, wahlul 'uqdatan min lisani, yafqahu qawli.

MEANING

“My Lord, expand for me my chest, ease my task for me, and remove the knot from my tongue, so that they may understand my speech.”

Qur'an, Surah Ta-Ha 20:25-28



28

For a Steadfast Heart

Say this when you feel your resolve or faith wavering under pressure.

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

TRANSLITERATION

Rabbana la tuzigh qulubana ba'da idh hadaytana wa hab lana min ladunka
rahmah, innaka Antal-Wahhab.

MEANING

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

Qur'an, Surah Aal-'Imran 3:8





PART 07

Special Times & The Hereafter

*For the nights that matter most, and the request that ties
every other dua together.*

29

For Laylat al-Qadr

What to say if you catch the Night of Decree — taught by the Prophet ﷺ to 'Aishah (may Allah be pleased with her).

اللَّهُمَّ إِنَّكَ عَفْوٌ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

TRANSLITERATION

Allahumma innaka 'Afuwwun tuhibbul-'afwa fa'fu 'anni.

MEANING

“O Allah, You are Most Forgiving, and You love forgiveness — so forgive me.”

Jami' at-Tirmidhi 3513



30

For Good in This World and the Next

One of the most comprehensive duas in the Qur'an – recite it often, at any time.

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ
النَّارِ

TRANSLITERATION

Rabbana atina fid-dunya hasanatan wa fil-akhirati hasanatan wa qina 'adhaban-nar.

MEANING

“Our Lord, give us good in this world and good in the Hereafter, and protect us from the punishment of the Fire.”

Qur'an, Surah Al-Baqarah 2:201



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وَتُوبُوا إِلَى اللَّهِ جَمِيعًا أَيُّهَا الْمُؤْمِنُونَ

May Allah accept this from us, and from you.

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