

# KIDS

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**Jazakallah**

# Supplication before eating



بِسْمِ اللَّهِ



In the name of Allah

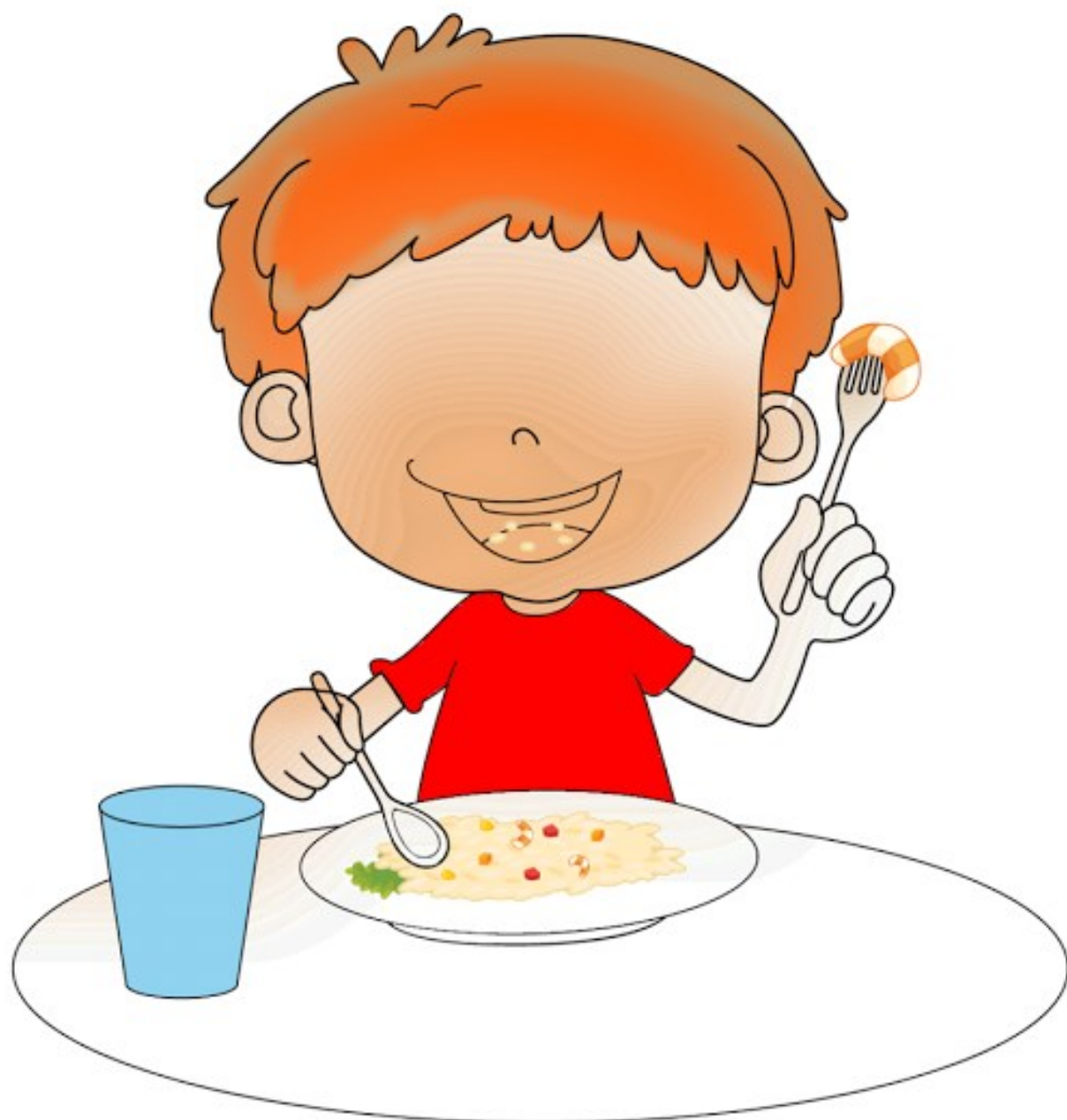
**If you forget to say it before starting, then you should say [when you remember]:**

بِسْمِ اللَّهِ فِي أَوَّلِهِ وَآخِرِهِ



You can also say this before eating..

اَلْحَمْدُ لِلّٰهِ الَّذِى اَطْعَمَنِيْ هٰذَا وَ  
رَزَقَنِيْهِ مِنْ غَيْرِ حَوْلٍ مِنِّىْ وَلَا قُوَّةٍ





# Dua after eating

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

*Alhamdu lillaahil-lathee 'at'amanee  
haathaa, wa razaqaneehi, min ghayri  
hawlin minnee wa laa quwwatin.*



## What it means:

All praise is for Allah who fed me this and provided it for me without any might nor power from myself.

## Transliteration:

alhamdu lillaahil-ladhee  
at'amanee haadhaa wa  
razaqaneehi min ghayri  
hawlin minnee wa laa  
quwwah

## Kids:

Say this to tell Allah how happy you were with all your yummy food!

## Mum and Dad:

This is a really amazing way to end a meal. Did you know that the Hadith says Whoever says this supplication, his sins shall be forgiven as mentioned in the hadith.

Abu Dawud, At-Tirmithi & Ibn Majah



رَبِّ زِدْنِي عِلْمًا

"MY RABBI!  
INCREASE ME IN KNOWLEDGE"



For expiation of sins

أَسْتَغْفِرُ اللَّهَ وَأَتُوبُ إِلَيْهِ



# Dua for entering the Masjid

When entering the Masjid enter with your right foot first and recite the dua:  
'Allaahummaftah lee abwaaba rahmatik'  
(Translation- Oh Allah, Open for me the doors of Your Mercy').

After this make the intention of I'tikaaf by reciting:

'Nawayto sunnatal I'tikaaf'  
(Translation- I intend the Sunnah of I'tikaaf).

Inshaa Allah by doing this the spiritual reward for I'tikaaf can be gained.

اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

Allaahummaftah lee abwaaba rahmatik

نَوَيْتُ سُنَّةَ الْإِعْتِكَافِ

Nawayto sunnatal I'tikaaf





When leave the mosque

بِسْمِ اللَّهِ وَالصَّلَاةِ وَالسَّلَامِ  
عَلَى رَسُولِ اللَّهِ، اللَّهُمَّ إِنِّي  
أَسْأَلُكَ مِنْ فَضْلِكَ



Dua for Increase in Faith

رَبَّنَا أَتِمِّمْ لَنَا  
نُورَنَا وَاعْفِرْ لَنَا إِنَّكَ  
عَلَى كُلِّ شَيْءٍ قَدِيرٌ

"O OUR RABB! PERFECT FOR US OUR LIGHT  
(NUR) AND FORGIVE US. INDEED, YOU ARE  
OVER ALL THINGS COMPETENT"



Dua to seek forgiveness of sins

رَبِّ اغْفِرْ وَأَرْحَمْ  
وَأَنْتَ خَيْرُ الرَّاحِمِينَ

"MY RABBI! FORGIVE ME AND HAVE MERCY,  
FOR YOU ARE THE BEST OF THOSE  
WHO SHOW MERCY"



Dua for Patience

رَبَّنَا أَفْرِغْ عَلَيْنَا  
صَبْرًا وَتَوَفَّنَا مُسْلِمِينَ

"O MY RABBI! POUR UPON US PATIENCE  
AND LET US DIE AS MUSLIMS  
(IN SUBMISSION TO YOU)"





# Dua for going out (leaving the house)

بِسْمِ اللَّهِ ، تَوَكَّلْتُ عَلَى اللَّهِ وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ



## What it means:

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

## Transliteration:

bismillaahi, tawakkaltu 'ala allaah, wa laa hawla wa laa quwwata illaa billaah

Abu Dawud

## Kids:

If you go out and you want Allah to look after all your toys and your bed, say this!

## Mum and Dad:

When you say this as you leave your house, did you know the angel will say: "you shall be defended, protected from shaytan and guided"



# Dua for Shopping

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ ، لَهُ الْمُلْكُ  
وَلَهُ الْحَمْدُ ، يُحْيِي وَيُمِيتُ وَهُوَ حَيٌّ لَا  
يَمُوتُ ، بِيَدِهِ الْخَيْرُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

## Transliteration:

laa ilaaha ill-allaahu wahdahu laa shareeka lah, lah-  
ul-mulku wa la hul-hamdu, yuhyee wa yumeetu wa  
huwa hayun laa yamootu, bi yadi-hil-khayru, wa huwa  
'alaa kulli shay'in qadeer

At-Tirmithi, Ibn Majah & others



# Dua for thanking parents

رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ يَوْمَ يَقُومُ الْحِسَابُ



## What it means:

Our Lord! Forgive me and my parents, and (all) the believers on the Day when the reckoning will be established

## Transliteration:

rabban-aghfir lee wa  
liwaalidayya wa lil-  
mu'mineena yawma  
yaqoom-ul-hisaab

Qur'an, Surah Ibrahim 41

## Kids:

This is a great dua to use when you want the best for mum and dad, it's the best way to be really kind to them!

## Mum and Dad:

Note: This dua was made by Ibrahim (may the peace and blessings of Allah be upon him) for his parents, if its good enough for him, then its good enough for us!





# UPON ENTERING HOME

بِسْمِ اللَّهِ وَلَجْنَا، وَبِسْمِ اللَّهِ  
خَرَجْنَا، وَعَلَى رَبِّنَا تَوَكَّلْنَا



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



# Dua for protecting yourself or when you feel happy!

مَا شَاءَ اللَّهُ ، لَا قُوَّةَ إِلَّا بِاللَّهِ

## What it means:

(This is) what Allah has willed, there is no power except with Allah.

## Transliteration:

maa shaa' allaahu, laa quwwata illaa billaah

## Kids:

If you ever feel a bit scared or worried or happy, say this!

Ahmed, Ibn Majah & Malik

## Mum and Dad:

Note: The Evil Eye means looking at something and be impressed with it and causing harm to it.

This "looking" may or may not include jealousy, and can happen unintentionally. A person could even bring harm upon themselves!



# WHEN WEARING A GARMENT

الْحَمْدُ لِلَّهِ الَّذِي كَسَانِي هَذَا (الثَّوبَ)  
وَرَزَقْنِيهِ مِنْ غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةَ



‘All Praise is for Allah who has clothed me  
with this garment and provided it for me,  
with no power nor might from myself.’



# WHEN WEARING NEW CLOTHES

اللَّهُمَّ لَكَ الْحَمْدُ كَمَا كَسَوْتَنِيهِ أَسْأَلُكَ خَيْرَهُ وَخَيْرَ  
مَا صُنِعَ لَهُ وَأَعُوذُ مِنْ شَرِّهِ وَشَرِّ مَا صُنِعَ لَهُ



'O Allah, for You is all praise, You have clothed me with it  
(i.e. the garment) I ask for the good of it and the good for  
which it was made, and I seek refuge with You from the evil  
and the evil for which it was made.'

# BEFORE SLEEPING

بِسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا



.'In Your name O Allah, I live and die.'





دعاء الاستيقاظ من النوم

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا  
بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

■ ■ Lorsqu'on se réveille

Louange à Allah qui nous a  
rendus à la vie après nous avoir  
fait mourir, et tout retourne à Lui.



When waking up

All praise is for Allah who gave us  
life after having taken it from us  
and unto Him is the resurrection.



# AFTER DRINKING MILK



اللَّهُمَّ بَارِكْ لَنَا فِيهِ وَزِدْنَا مِنْهُ



‘O Allah, bless it for us and give us more of it.’





# BEFORE ENTERING THE TOILET



(بِسْمِ اللَّهِ) اللَّهُمَّ إِنِّي أَعُوذُ بِكَ  
مِنَ الْخُبَثِ وَالْخَبَائِثِ



'(In the name of Allah). O Allah,  
I take refuge with you from all evil and evil-doers.'





# AFTER LEAVING THE TOILET



غُفْرَانُكَ



**'I ask You (Allah) for forgiveness.'**





# AFTER SNEEZING

1. الْحَمْدُ لِلَّهِ

‘All praise is for Allah.’

2. يَرْحَمُكَ اللَّهُ

‘May Allah have mercy on you.’



3. يَهْدِيْكُمْ اللَّهُ وَيُصْلِحْ بَالَكُمْ

‘May Allah keep you on hidayat (guidance)  
and make proper your condition.’

# Dua for Jannah

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْجَنَّةَ



## What it means:

Oh Allah! Grant me Jannah Al-Firdous

## Transliteration:

Allahuma as'aaluka Jannat il Firdous

Reported by Nasa'i

## Kids:

We all want Jannah and if you say this 3 times then Jannah will ask Allah for you to be let in! Amazing!

## Mum and Dad:

Say this 3 times and Jannah will pray for you. There is nothing easier!



# Dua for when you are angry

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

## What it means:

I take refuge with Allah from the outcase (shaytan).

## Transliteration:

aAAoothu billahi minash shaytanir rajeem.

Muslim & Bukhari

## Kids:

If you ever get angry then say this. It really does help to calm you down. If you are still a bit upset then keep saying it!

## Mum and Dad:

If you or your kids are still a bit annoyed after saying this, then go and make wu - its an amazing way of getting rid of anger and frustration!





# Dua for getting undressed

بِسْمِ اللَّهِ

**What it means:**

In the name of Allah.

**Transliteration:**

bismillaah

At-Tirmithi

**Kids:**

Saying the dua when you get undressed or changed for bed even puts blessings in that. After saying the dua you can think of the bedtime book you will read!

**Mum and Dad:**

Encourage your children to say this as they are getting changed and say it yourself too!





## DUA TO ENTER A VEHICLE

سُبْحَانَ الَّذِي سَخَّرَ لَنَا هَذَا  
وَمَا كُنَّا لَهُ مُقْرِنِينَ وَإِنَّا إِلَى رَبِّنَا لَمُنْقَلِبُونَ

Meaning : "Most High Allah who has  
made this vehicle subject to us,  
and we have no power  
to make Him subject to us.  
And to Allah we will  
return."



## DU'A OF SEEING NEW FRUITS

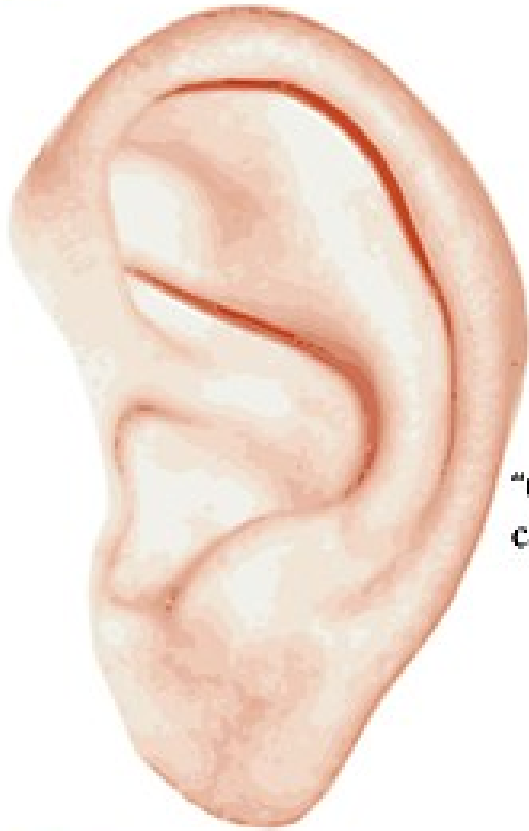
اللَّهُمَّ بَارِكْ لَنَا فِي ثَمَرِنَا وَبَارِكْ لَنَا فِي مَدِينَتِنَا  
وَبَارِكْ لَنَا فِي صَاعِنَا وَبَارِكْ لَنَا فِي مُدِّنَا

“O Allah, bless our fruit for us, bless our town for us,  
bless our *saAA* for us and bless our *mudd* for us.”





## DU'A SAID FOR ONE YOU HAVE INSULTED



اَللّٰهُمَّ فَاَيُّهَا مُؤْمِنٌ سَبَبْتُهُ فَاجْعَلْ  
ذٰلِكَ لَهٗ قُرْبَةً اِلَيْكَ يَوْمَ الْقِيَمَةِ

“O Allah, to any believer whom I have insulted, let that be a cause to draw him near to You on the Day of Resurrection”



## DU'A FOR PLACING THE CHILDREN UNDER ALLAH'S PROTECTION

The Messenger of Allah ﷺ used to commend Al-Hasan and Al-Husayn to Allah's protection, saying:

أُعِيذُ كُمَا بِكَلِمَاتِ اللَّهِ التَّامَّةِ مِنْ كُلِّ  
شَيْطَانٍ وَهَامَّةٍ وَمِنْ كُلِّ عَيْنٍ لَآمَةٍ

"I commend you two to the protection of Allah's perfect words from every devil, vermin, and every evil eye."





## DU'A FOR LEAVING THE HOME

بِسْمِ اللَّهِ تَوَكَّلْتُ عَلَى اللَّهِ وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

"In the Name of Allah, I have placed my trust in Allah, there is no might and no power except by Allah"

سنن ابی داود، حدیث 5095



اللَّهُمَّ إِنِّي أَعُوذُ بِكَ أَنْ أَضِلَّ، أَوْ أُضَلَّ، أَوْ أَزِلَّ، أَوْ أَزَلَ، أَوْ أَظْلِمَ، أَوْ أُظْلِمَ، أَوْ أَجْهَلَ، أَوْ يُجْهَلَ عَلَيَّ

"O Allah, I seek refuge in You lest I misguide others , or I am misguided by others , lest I cause others to err or I am caused to err , lest I abuse others or be abused, and lest I behave foolishly or meet with the foolishness of others."

سنن ابی داود، حدیث 5094







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## DU'A SAID DURING WIND STORM

اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَهَا وَأَعُوذُ بِكَ مِنْ شَرِّهَا

"O Allah, I ask You for it's goodness and I take refuge with You from it's evil."

اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَهَا وَخَيْرَ مَا فِيهَا وَخَيْرَ مَا أُرْسِلَتْ  
بِهِ وَأَعُوذُ بِكَ مِنْ شَرِّهَا وَشَرِّ مَا فِيهَا وَشَرِّ مَا أُرْسِلَتْ بِهِ

"O Allah, I ask You for it's goodness, the good within it, and the good it was sent with, and I take refuge with You from it's evil, the evil within it, and from the evil it was sent with."

صحیح مسلم (899)



<http://www.facebook.com/HisnulMuslimEnglish>



استاذہ حسن، سنن ابی داود (5099، 5077)، سنن ابن ماجہ (3727، 3882) المستدرک علی کم (285/4 ج 7769)

## DU'A FOR ONE IN DISTRESS

لَا إِلَهَ إِلَّا اللَّهُ الْعَظِيمُ الْحَلِيمُ، لَا إِلَهَ إِلَّا  
اللَّهُ رَبُّ الْعَرْشِ الْعَظِيمِ، لَا إِلَهَ إِلَّا اللَّهُ رَبُّ  
السَّمَوَاتِ وَرَبُّ الْأَرْضِ وَرَبُّ الْعَرْشِ الْكَرِيمِ

"None has the right to be worshipped except Allah  
Forbearing. None has the right to be worshipped  
except Allah, Lord of the magnificent throne. None  
has the right to be worshipped except Allah, Lord of  
the heavens, Lord of the Earth and Lord of the noble  
throne"



# SUPPLICATION FOR ONE WHOSE AFFAIRS HAVE BECOME DIFFICULT

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



**'O Allah, there is no ease except in that which  
You have made easy, and You make  
the difficulty, if You wish, easy.'**



## DU'A FOR RAIN

اَللّٰهُمَّ اسْقِنَا غَيْثًا مُّغِيثًا مَّرِيئًا مَّرِيْعًا نَّافِعًا غَيْرَ ضَارٍّ عَاجِلًا غَيْرَ اَجِلٍ

"O Allah, send upon us helpful, wholesome and healthy rain,  
beneficial not harmful rain, now, not later."

اَللّٰهُمَّ اَغْنِنَا، اَللّٰهُمَّ اَغْنِنَا، اَللّٰهُمَّ اَغْنِنَا

"O Allah, relieve us, O Allah, relieve us,  
O Allah relieve us."

صحیح بخاری (1014) صحیح مسلم (897)

اسناد حسن، سنن ابی داود (1169) المستدرک للحاکم (1/327 ج 1222)

## UPON SIGHTING THE CRESCENT

اَللّٰهُمَّ اِهْلُهُ عَلَيْنَا بِالْاَمْنِ وَالْاِيْمَانِ وَالسَّلَامَةِ  
وَالْاِسْلَامِ رَبِّيْ وَرَبُّكَ اللّٰهُ.



**‘Allah is the greatest. O Allah, let the crescent loom above us  
in safety, faith, peace, and Islam,  
and in agreement with all that You love and pleases You.  
Our Lord and your Lord is Allah.’**

# UPON BREAKING FAST

ذَهَبَ الظَّمَأُ ، وَ ابْتَلَّتِ الْعُرُوقُ ،  
و ثَبَّتَ الْأَجْرُ إِنْ شَاءَ اللَّهُ



**'The thirst has gone and the veins are quenched,  
and reward is confirmed,  
if Allah wills.'**



# LAYLATUL QADR

اَللّٰهُمَّ اِنَّكَ عَفُوٌّ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّيْ



**“Oh Allah you are most forgiving,  
and you love to forgive so forgive me”**