

**Hadith for Quiz Age 13-18 years (Daily Supplications)**

**1. When Waking Up**

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا  
وإِلَيْهِ النُّشُورُ.

‘All praise is for Allâh who gave us life after having taken it from us and unto Him is the Resurrection.’

**2. Before entering the toilet**

(بِسْمِ اللَّهِ) اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ  
الْخُبْثِ وَالْخَبَائِثِ .

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

**3. After leaving the toilet**

غُفْرَانَكَ.

‘I ask You (Allâh) for forgiveness.’

**4. When starting ablution**

بِسْمِ اللَّهِ.

‘In the name of Allâh.’

**5. Upon completing the ablution**

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 except Allâh, alone, without partner, and I bear witness that Muhammad is His slave and Messenger.’

**6. Upon completing the ablution**

اللَّهُمَّ اجْعَلْنِي مِنَ التَّوَّابِينَ وَاجْعَلْنِي  
مِنَ الْمُتَطَهِّرِينَ.

'O Allâh, make me of those who return to You often in repentance and make me of those who remain clean and pure.'

**7. When leaving the home**

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

In the name of Allâh, I place my trust in Allâh, and there is neither might nor power except with Allâh.'

**8. Upon entering the home**

بِسْمِ اللَّهِ وَلَجْنَا، وَبِسْمِ اللَّهِ خَرَجْنَا،  
وَعَلَى رَبِّنَا تَوَكَّلْنَا.

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

**9. Upon entering the mosque**

اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ.

O Allâh, open the gates of Your mercy for me.'

**10. Upon leaving the mosque**

اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ،

O Allâh, I ask You from Your favor.

**11. While bowing in prayer (rukûu')**

سُبْحَانَ رَبِّيَ الْعَظِيمِ. (ثلاثاً)

'How perfect my Lord is, The Supreme.' (three times)

## 12. Upon rising from the bowing position

سَمِعَ اللَّهُ لِمَنْ حَمِدَهُ.

'May Allâh answer he who praises Him.'

رَبَّنَا وَلَكَ الْحَمْدُ حَمْدًا كَثِيرًا طَيِّبًا  
مُبَارَكًا فِيهِ.

'Our Lord, for You is all praise, an abundant beautiful blessed praise.'

## 13. Supplication whilst prostrating (sujud)

سُبْحَانَ رَبِّيَ الْأَعْلَى. (ثلاثاً)

'How perfect my Lord is, The Most High.' (three times)

## 14. Supplication between the two prostrations

رَبِّ اغْفِرْ لِي ، رَبِّ اغْفِرْ لِي.

'My Lord forgive me, My Lord forgive me.'

اللَّهُمَّ اغْفِرْ لِي ، وَارْحَمْنِي ،  
وَاهْدِنِي ، وَاجْبُرْنِي ، وَعَافِنِي  
وَارْزُقْنِي وَارْفَعْ عَنِّي .؟.

'O Allâh, forgive me, have mercy upon me, guide me, enrich me, give me health, grant me sustenance and raise my rank.'

## 15. The Tashahhud

التَّحِيَّاتُ لِلَّهِ وَالصَّلَوَاتُ وَالطَّيِّبَاتُ ،  
وَالسَّلَامُ عَلَيْكَ أَيُّهَا النَّبِيُّ وَرَحْمَةُ اللَّهِ  
وَبَرَكَاتُهُ ، السَّلَامُ عَلَيْنَا وَعَلَى عِبَادِكَ  
الصَّالِحِينَ. أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ  
وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ.

'Al-Tahiyyaat is for Allâh. All acts of worship and good deeds are for Him. Peace and the mercy and blessings of Allâh be upon you O Prophet. Peace be upon us and all of

Allah's righteous servants. I bear witness that none has the right to be worshipped except of Allâh and I bear witness that Muhammad is His slave and Messenger.'

#### **16. Prayer upon the Prophet (S) after the tashahuud**

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ  
مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ  
وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ،  
اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ  
مُحَمَّدٍ كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ  
وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ.

'O Allâh, send prayers upon Muhammad and the followers of Muhammad, just as You sent prayers upon Ibrahim and upon the followers of Ibrahim. Verily, You are full of praise and majesty. O Allâh, send blessings upon Muhammad and upon the family of Muhammad, just as You sent blessings upon Ibrahim and upon the family of Ibrahim. Verily, You are full of praise and majesty.'

#### **17. Remembrance after salaam**

(i)  
أَسْتَغْفِرُ اللَّهَ. (ثَلَاثًا)

(ii)  
اللَّهُمَّ أَنْتَ السَّلَامُ وَمِنْكَ السَّلَامُ  
تَبَارَكْتَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ.

(i) 'I ask Allâh for forgiveness.' (three times)

(ii) 'O Allâh, You are *As-Salaam* and from You is all peace, blessed are You, O Possessor of majesty and honor.'

#### **18. When visiting the sick**

لَا بَأْسَ طَهُورٌ إِنْ شَاءَ اللَّهُ.

When the Prophet (S) would enter upon a sick person, he would say:  
'Never mind, may it (the sickness) be a purification, if Allaah wills.'

## 19. Supplication said upon sneezing

(i)

الْحَمْدُ لِلَّهِ.

(ii)

يَرْحَمُكَ اللَّهُ.

(iii)

يَهْدِيكُمْ اللَّهُ وَيُصْلِحُ بَالَكُمْ.

*'When one of you sneezes he should say:*

(i)'All praise is for Allâh'

*...and his brother or companion should say to him:*

(ii)'May Allâh have mercy upon you.'

*...and he (i.e. the one who sneezed) replies back to him:*

(iii)'May Allâh guide you and rectify your condition.'

## 20. When mounting an animal or any means of transport

'In the name of Allah and all praise is for Allah. How perfect He is, the One Who has placed this (transport) at our service and we ourselves would not have been capable of that, and to our Lord is our final destiny.'

## 21. At the start of the prayer (after the takbeer)

'O Allah, distance me from my sins just as You have distanced The East from The West, O Allah, purify me of my sins as a white robe is purified of filth, O Allah, cleanse me of my sins with snow, water, and ice.'

OR

'How perfect You are O Allah, and I praise You. Blessed be Your name, and lofty is Your position and none has the right to be worshipped except You.'

## 22. Supplication when going to the mosque

'O Allah, place within my heart light, and upon my tongue light, and within my ears light, and within my eyes light, and place behind me light and in front of me light and above me light and beneath me light. O Allah, bestow upon me light.'

### **23. When waking up**

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

### **24. When angry**

'I take refuge with Allah from the accursed devil.'

### **25. Supplication said to one who does you a favor**

'May Allah reward you with goodness.' ...then you have indeed excelled in praising him.'

### **26. Dua for all kinds of goodness**

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ ﴿٢٠١﴾

*Our Lord! Grant us good in this world and good in the life to come and keep us safe from the torment of the Fire (2:201)*

### **27. Dua of Companion of Cave**

رَبَّنَا آتِنَا مِنْ لَدُنْكَ رَحْمَةً وَهَيِّئْ لَنَا مِنْ أَمْرِنَا رَشَدًا ﴿١٠﴾

*Our Lord! Bestow on us mercy from Your presence and dispose of our affairs for us in the right way. (18:10)*

### **28. Dua of Tâlût (Saul) with his army**

رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْرًا وَثَبِّتْ أَقْدَامَنَا وَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ ﴿٢٥٠﴾

*Our Lord! Bestow on us endurance and make our foothold sure and give us help against those who reject faith. (2:250)*

### **29. Dua of Adam AS and his wife**

رَبَّنَا ظَلَمْنَا أَنفُسَنَا وَإِن لَّمْ تَغْفِرْ لَنَا وَتَرْحَمْنَا لَنَكُونَنَّ مِنَ الْخَاسِرِينَ ﴿٢٣﴾

*Our Lord! We have sinned against ourselves, and unless You grant us forgiveness and bestow Your mercy upon us, we shall most certainly be lost! (7:23)*

### **30. Dua for protecting the heart from deviation**

رَبَّنَا لَا تُزِغْ قُلُوبَنَا بَعْدَ إِذْ هَدَيْتَنَا وَهَبْ لَنَا مِن لَّدُنكَ رَحْمَةً إِنَّكَ أَنْتَ الْوَهَّابُ ﴿٢٤﴾ .

8. "Our Lord!" (They say), "Let not Our hearts deviate Now after Thou hast guided us, but grant us Mercy from Thine own Presence; for Thou art the Grantor of bounties without measure.

### **31. Supplication for acceptance of efforts**

رَبَّنَا تَقَبَّلْ مِنَّا إِنَّكَ أَنْتَ السَّمِيعُ الْعَلِيمُ ﴿٢٥﴾

Our Rabb! accept from us. You indeed, You are the all-Hearing, the all-Knowing. (2:127)

History and Significance: While Prophet Ibrahim, along with his son Ismail, was raising the foundation of the House of Ka'aba, they both offered this supplication to Allah (swt) to accept their effort of construction. A perfect supplication that we should offer whenever we are initiating any project or effort.

### **32. Supplication for Acceptance of Prayers**

رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي رَبَّنَا وَتَقَبَّلْ دُعَاءِ ﴿٢٦﴾

My Rabb! make me steadfast in Salat and from my offspring; our Rabb! and accept my prayer. (14:40)

History and Significance: In his old age, Prophet Ibrahim (pbh) was gifted with two sons - Isma'il and Is-haq. As a parent, he supplicated to Allah (swt) to make him steadfast in his salat. He also asked to make his offspring steadfast in their salat. Although we may be offering our salat sincerely, it remains with Allah (swt) to accept our salat. Thus , this supplication begs that Allah (swt) may not reject our salat. If Allah (swt) wills, He will reward us for our attempt in making a salat.

### **33. Supplication for protection against evil-ones.**

وَقُلْ رَبِّ أَعُوذُ بِكَ مِنْ هَمَزَاتِ الشَّيْطَانِ ۖ وَأَعُوذُ بِكَ رَبِّ أَنْ تَحْضُرُونِ ﴿٩٨﴾

My Rabb! I take refuge with You -- from the prompting of the Evil-ones; And I take refuge with You, O Rabb! Lest they come up to me. (23:97-98)

History and Significance: In Surah Al-Mu'minin, Allah (swt) has instructed Prophet Muhammad(PBUH) to recite this supplication in the face of oppression by the leaders of Quraish.

### **34. Supplication for knowledge**

وَقُلْ رَبِّ زِدْنِي عِلْمًا ۖ ﴿١١٤﴾

My Rabb! increase me in knowledge. (20:114)

History and Significance : This supplication is taught to Muhammad (PBUH) by Allah Himself in Surah Ta Ha. The verse relates to an instruction not to hasten with Quran before it is completely revealed. While revelation of Quran was incomplete, our Rasul (PBUH) was instructed to make this supplication. In our situation, when our knowledge is limited about Quran, we should always make this supplication to understand Quran more. If Allah grants us knowledge, whether in the field of theology, science or technology, then we should be able to understand Quran even better.

### **35. Supplication for offspring.**

رَبِّ هَبْ لِي مِنْ لَدُنْكَ ذُرِّيَّةً طَيِّبَةً ۖ إِنَّكَ سَمِيعُ الدُّعَاءِ ﴿٢١﴾

My Rabb! give me from Yourself a pure offspring. You are indeed Hearer of prayer.

History and Significance : Prophet Zakariya made this supplication as mentioned in

Surah Al-e-Imran. Zakariya was guardian of Maryam. When Maryam grew up in purity and devoutness, Zakariya longed for such a child for himself - a child who would be as pure, virtuous and honorable as Maryam. In the following verse, 3:38, malaks brought the glad tidings of Yahiya, "a noble and a chaste man, and a nabi from among the righteous". Note the emphasis at the end of the supplication that Allah is "indeed Hearer of prayer". Do we need any other kind of reassurance?

### **36. Supplication for orators and writers**

قَالَ رَبِّ اشْرَحْ لِي صَدْرِي ۖ وَيَسِّرْ لِي أَمْرِي ۖ وَأَحْلِلْ عُقْدَةَ مِنِّ لِسَانِي ۖ يَفْقَهُوا قَوْلِي ﴿٢٥﴾

My Rabb! expand for me my breast, and make my affair easy for me, and release the knot from my tongue, they may understand my speech. (20:25-28)

History and Significance: Prophet Musa (pbh) made this supplication while proceeding to the court of Fir'awn for the arguments. In this supplication, there is request to increase knowledge base - an important requirement for arguments. The second request is to remove physical limitations or limitation of resources. This limitation could be a writer's block that we often face. Also, the third request is to make a lucid, easy to understand arguments. As we know, Musa (pbh) was successful in the Fir'awn's court and the wise men in the court had accepted the truth.

### **37. Supplication for parents**

رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ يَوْمَ يَقُومُ الْحِسَابُ ﴿٤١﴾

Our Rabb! Protect me and my parents and the Believers -- on the day when the reckoning is set up. (14:41)

History and Significance: This supplication, which is a part of a series of supplication made by Prophet Ibrahim (pbh), as mentioned in Surah Ibrahim. This is an extraordinary supplication where Ibrahim (pbh) is not only asking for him and his parents, but for all the believers. This should be an example for us to include other believers in our supplications so that Allah grants His mercy to all Muslims. This supplication is not only for the supplicator and his (her) parents but also for the whole believer community. When we all make this supplication, we are in fact seeking protection for each other on the day of Reckoning.

### **38. Supplication for keeping in the right path**

رَبِّ هَبْ لِي حُكْمًا وَأَلْحِقْنِي بِالصَّالِحِينَ ﴿٨٣﴾

My Rabb! grant me wisdom, and join me with the righteous. (26:83)

History and Significance: Prophet Ibrahim (pbh) had made this supplication as mentioned in Surah As-Shu'ara (the Poets). Ibrahim (pbh) was making a Dawah to his sire Azar and his people. The people were disbelievers. Ibrahim (pbh) while explaining to the people about the truth and benefits of obeying Allah, made this supplication.

This supplication stresses that our knowledge should guide us to be righteous. We are to be righteous, not blindly, but based on sound knowledge and wisdom. By making this supplication we are eliminating the blind following of ancestral ways. Wisdom will enrich us to understand the divine message better and in turn we could be righteous people.

### **39. Supplication for shelter**

رَبِّ إِنِّي لِمَا أَنْزَلْتَ إِلَيَّ مِنْ خَيْرٍ فَقِيرٌ ﴿٢٨﴾

My Rabb! I am indeed needy of whatever good You may send to me. (28:24)

History and Significance : Prophet Musa (pbh) was traveling to the desert of Madyan and he found some men were watering their animals and two women were standing helpless. Musa (pbh) helped these women with water, and then returned to a shade of a tree. At this time, he made this supplication with a reference to the shade of the tree as whatever good thing. Allah responded to this supplication. As a result, one of these women came to him and with an invitation from her old father. The old man was kind to Musa, offered him shelter and gave one of the two daughters in marriage to Musa.

### **40. Supplication for victory of Islam**

رَبَّنَا لَا تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إِكْرَاهًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِنْ قَبْلِنَا رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهِ ۗ وَاعْفُ عَنَّا وَارْحَمْنَا ۗ أَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ

الْكَافِرِينَ ﴿٢٨٦﴾

Our Rabb! do not take us to task if we forget, or we make a mistake; our Rabb! and do not lay upon us a burden as you had lain on those before us; our Rabb! and do not impose upon us that for which no strength have we. Therefore pardon us; and grant us protection; and be kind to us. You are our Patron; therefore help us over the Unbelieving people. (2:286)

History and Significance: This is the concluding verse of Surah Al-Baqarah. This supplication is very important since one hadith narrates that "whoever prays as taught in the last two verses of the Baqarah, they are sufficient for him" (Bu. 64:12). Although this supplication is meant for victory of Islam, it also stresses the need to be humble and need to protect us from evil.