

INVOKE YOUR LORD

Tafseer & Memorisation of Quranic Duas



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Introduction

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

And when My slaves ask you (O Muhammad) concerning Me, then (answer them), I am indeed near (to them by My Knowledge). I respond to the invocations of the supplicant when he calls on Me (without any mediator or intercessor). So let them obey Me and believe in Me, so that they may be led aright. (Al Baqarah 2:186)

☞ Merit of Dua

☞ Etiquettes of Dua

☞ Times of Acceptance of Dua

Week 1

Forgiveness and Mercy

رَبَّنَا ظَلَمْنَا أَنفُسَنَا وَإِن لَّمْ تَغْفِرْ لَنَا وَتَرْحَمْنَا لَنَكُونَنَّ مِنَ الْخَاسِرِينَ

Our Lord! We have wronged ourselves. If You forgive us not, and bestow not upon us Your Mercy, we shall certainly be of the losers. ¹

رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّاحِمِينَ

My Lord! Forgive and have Mercy, for You are the best of those who show mercy! ²

Tafseer Notes

1 Al A'raaf 7:23

2 Al Mu'minun 23:118

Activity

Write down an additional dua from the Quran or Sunnah related to this topic

Week 2

Asking for Good

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

Our Lord! Give us in this world that which is good and in the hereafter that which is good, and save us from the torment of the Fire! ³

رَبَّنَا اغْفِرْ لَنَا ذُنُوبَنَا وَإِسْرَافَنَا فِي أَمْرِنَا وَثَبِّتْ أَقْدَامَنَا وَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ

Our Lord! Forgive us our sins and our transgressions (in keeping our duties to You), establish our feet firmly, and give us victory over the disbelieving folk. ⁴

Tafseer Notes

3 Al Baqarah 2:201

4 Aal Imraan 3:147

Activity

Write down an additional dua from the Quran or Sunnah related to this topic

Week 3

Family

رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّاتِنَا قُرَّةَ أَعْيُنٍ وَاجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا

Our Lord! Bestow on us from our wives and our offspring who will be the comfort of our eyes, and make us leaders for the Muttaqun. ⁵

Tafseer Notes

5 Al Furqaan 25:74

Activity

Write down an additional dua from the Quran or Sunnah related to this topic

Gratitude

رَبِّ أَوْزِعْنِي أَنْ أَشْكُرَ نِعْمَتَكَ الَّتِي أَنْعَمْتَ عَلَيَّ وَعَلَىٰ وَالِدَيَّ وَأَنْ أَعْمَلَ صَالِحًا تَرْضَاهُ
وَأَدْخِلْنِي بِرَحْمَتِكَ فِي عِبَادِكَ الصَّالِحِينَ

My Lord! Inspire and bestow upon me the power and ability that I may be grateful for Your Favours which You have bestowed on me and on my parents, and that I may do righteous good deeds that will please You, and admit me by Your Mercy among Your righteous slaves. ⁶

Tafseer Notes

Activity

Write down an additional dua from the Quran or Sunnah related to this topic

Reliance

حَسْبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ عَلَيْهِ تَوَكَّلْتُ وَهُوَ رَبُّ الْعَرْشِ الْعَظِيمِ

Allah is Sufficient for me. La ilaha illa huwa (none has the right to be worshipped but He), in Him I put my trust, and He is the Lord of the Mighty Throne. ⁷

حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ

Allah is Sufficient for us, and He is the Best Disposer of affairs (for us). ⁸

Tafseer Notes

7 At Tawbah 9:129

8 Aal Imraan 3:173

Activity

Write down an additional dua from the Quran or Sunnah related to this topic

Knowledge

رَبِّ زِدْنِي عِلْمًا

My Lord! Increase me in knowledge. ⁹

رَبِّ هَبْ لِي حُكْمًا وَأَلْحِقْنِي بِالصَّالِحِينَ

My Lord! Bestow Hukm (religious knowledge, right judgement of the affairs and prophethood) on me, and join me with the righteous. ¹⁰

Tafseer Notes

9 Ta Ha 20:114

10 Ash Shu'ara 26:83

Activity

Write down an additional dua from the Quran or Sunnah related to this topic

Protection

رَبِّ أَعُوذُ بِكَ مِنْ هَمَزَاتِ الشَّيْطَانِ ﴿٧٧﴾ وَأَعُوذُ بِكَ رَبِّ أَنْ تَحْضُرُونِ

My Lord! I seek Refuge with You from the whisperings (suggestions) of the Shayatin (devils). And I seek Refuge with You, my Lord, lest they may attend (or come near) me. ¹¹

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

Our Lord! Punish us not if we forget or fall into error. Our Lord, lay not on us a burden like that which You did lay on those before us (Jews and Christians). Our Lord, put not on us a burden greater than we have strength to bear. Pardon us and grant us Forgiveness and have Mercy on us. You are our Maula (Patron, Supporter and Protector) and give us victory over the disbelieving people. ¹²

Tafseer Notes

11 Al Mu'minun 23:97-98

12 Al Baqarah 2:286

Activity

Write down an additional dua from the Quran or Sunnah related to this topic

Memorisation Progress Charts

Memorisation buddy's name: _____

Contact details: _____

Recommended Reciters: _____

Useful Websites: _____

Week 1

DAY		Fri	Sat	Sun	Mon	Tue	Wed	Thu
TICK where applicable	Recited dua with tajweed – 5 times							
	Learnt translation of dua							
	Revised with buddy							
	Made dua in salah – Fajr							
	– Dhuhr							
	– Asr							
	– Maghrib							
– Isha								

Checked by: _____ Date: _____

Teacher's comments: _____

Memorisation: Excellent Good Need to revise

Week 2

DAY		Fri	Sat	Sun	Mon	Tue	Wed	Thu
TICK where applicable	Recited dua with tajweed – 5 times							
	Learnt translation of dua							
	Revised with buddy							
	Made dua in salah – Fajr							
	– Dhuhr							
	– Asr							
	– Maghrib							
– Isha								

Checked by: _____ Date: _____

Teacher's comments: _____

Memorisation: Excellent Good Need to revise

Week 3

		DAY	Fri	Sat	Sun	Mon	Tue	Wed	Thu
TICK where applicable	Recited dua with tajweed – 5 times								
	Learnt translation of dua								
	Revised with buddy								
	Made dua in salah – Fajr								
	– Dhuhur								
	– Asr								
	– Maghrib								
– Isha									

Checked by: _____

Date: _____

Teacher's comments: _____

Memorisation: Excellent Good Need to revise

Week 4

		DAY	Fri	Sat	Sun	Mon	Tue	Wed	Thu
TICK where applicable	Recited dua with tajweed – 5 times								
	Learnt translation of dua								
	Revised with buddy								
	Made dua in salah – Fajr								
	– Dhuhur								
	– Asr								
	– Maghrib								
– Isha									

Checked by: _____

Date: _____

Teacher's comments: _____

Memorisation: Excellent Good Need to revise

Week 5

		DAY	Fri	Sat	Sun	Mon	Tue	Wed	Thu
TICK where applicable	Recited dua with tajweed – 5 times								
	Learnt translation of dua								
	Revised with buddy								
	Made dua in salah – Fajr								
	– Dhuhur								
	– Asr								
	– Maghrib								
– Isha									

Checked by: _____

Date: _____

Teacher's comments: _____

Memorisation: Excellent Good Need to revise

Week 6

		DAY	Fri	Sat	Sun	Mon	Tue	Wed	Thu
TICK where applicable	Recited dua with tajweed – 5 times								
	Learnt translation of dua								
	Revised with buddy								
	Made dua in salah – Fajr								
	– Dhuhur								
	– Asr								
	– Maghrib								
– Isha									

Checked by: _____

Date: _____

Teacher's comments: _____

Memorisation: Excellent Good Need to revise

Week 7

		DAY	Fri	Sat	Sun	Mon	Tue	Wed	Thu
TICK where applicable	Recited dua with tajweed – 5 times								
	Learnt translation of dua								
	Revised with buddy								
	Made dua in salah – Fajr								
	– Dhuhur								
	– Asr								
	– Maghrib								
– Isha									

Checked by: _____

Date: _____

Teacher's comments: _____

Memorisation: Excellent Good Need to revise

Word-by-Word Translation Tables

Week 1

رَبَّنَا	ظَلَمْنَا	أَنفُسَنَا	وَ	إِن	لَّمَّ	تَغْفِرَ	لَنَا

وَ	تَرَحَّمْنَا	لَتَكُونَنَّ	مِنَ	الْخَسِرِينَ

رَبِّ	أَغْفِرَ	وَ	أَرْحَمَ	وَ	أَنْتَ	خَيْرُ

الرَّحِيمِ

Checked by: _____

Date: _____

Week 2

رَبَّنَا	ءَاتِنَا	فِي	الدُّنْيَا	حَسَنَةً	وَ	فِي	الْآخِرَةِ

حَسَنَةً	وَ	قِنَا	عَذَابَ	النَّارِ

رَبَّنَا	أَغْفِرْ	لَنَا	ذُنُوبَنَا	وَ	إِسْرَافَنَا	فِي

أَمْرَنَا	وَ	ثَبَّتْ	أَقْدَامَنَا	وَ	أَنْصُرْنَا	عَلَى

الْقَوْمِ	الْكَافِرِينَ

Checked by: _____

Date: _____

Week 3

ذُرِّيَّتِنَا	وَ	أَزْوَاجِنَا	مِنْ	لَنَا	هَبْ	رَبَّنَا
إِمَامًا	لِلْمُتَّقِينَ	أَجْعَلْنَا	وَ	أَعْيُنِ	فُرَّةَ	

Checked by: _____

Date: _____

Week 4

أَنْعَمْتَ	الَّتِي	بِنِعْمَتِكَ	أَشْكُرُ	أَنَّ	أَوْزَعَنِي	رَبِّ	
صَالِحًا	أَعْمَلَ	أَنَّ	وَ	وَالِدِيَّ	عَلَى	وَ	عَلَى
الصَّالِحِينَ	عِبَادِكَ	فِي	بِرَحْمَتِكَ	أَدْخَلَنِي	وَ	تَرْضَاهُ	

Checked by: _____

Date: _____

Week 5

حَسْبِيَ	اللَّهُ	لَا	إِلَهَ	إِلَّا	هُوَ	عَلَيْهِ

تَوَكَّلْتُ	وَ	هُوَ	رَبُّ	الْعَرْشِ	الْعَظِيمِ

حَسْبُنَا	اللَّهُ	وَ	نِعَمَ	الْوَكِيلِ

Checked by: _____

Date: _____

Week 6

رَبِّ	زِدْنِي	عِلْمًا

رَبِّ	هَبْ	لِي	حُكْمًا	وَ	الْحَقِّي	بِالصَّالِحِينَ

Checked by: _____

Date: _____

Week 7

رَّبِّ	أَعُوذُ	بِكَ	مِنْ	هَمَزَاتٍ	الشَّيْطَانِ

وَ	أَعُوذُ	بِكَ	رَبِّ	أَنْ	تَحْضُرُونَ

رَبَّنَا	لَا	تُؤَاخِذْنَا	إِنْ	نَسِينَا	أَوْ	أَخْطَأْنَا	رَبَّنَا

وَ	لَا	تَحْمِلْ	عَلَيْنَا	إِصْرًا	كَمَا	حَمَلْتَهُ	عَلَى

الَّذِينَ	مِنْ	قَبْلِنَا	رَبَّنَا	وَ	لَا	تُحْمِلُنَا	مَا	لَا

طَاقَةَ	لَنَا	بِهِ	وَ	أَعْفُ	عَنَّا	وَ	أَغْفِرْ	لَنَا

وَ	أَرْحَمْنَا	أَنْتَ	مَوْلَانَا	فَأَنْصُرْنَا	عَلَى	الْقَوْمِ	الْكَافِرِينَ

Checked by: _____

Date: _____

Key for Symbols in Uthmani mushaf

م	Must stop here
لا	Must not stop here
صلے	Better to continue, but allowed to stop
قلے	Better to stop, but allowed to continue
ج	Allowed to stop
، ،	Allowed to stop at one of these, but not both

Basic Tajweed Rules

Tafkheem (التَّفْخِيم) - Heavy letters ط، ق، ظ (relatively light with kasrah خ، غ، ق)

Qalqalah (الْقَلْقَلَة) - Sound echoes back when sukoon on these letters ق، ط، ب، ج، د

Rules of ل - Heavy only in the word الله when the preceding letter has fathah or dhammah, otherwise light

Rules of ر - Heavy - Has fathah or dhammah

Has sukoon and the preceding letter has fathah or dhammah

Has sukoon and the preceding letter has sukoon and the letter before the preceding letter has fathah or dhammah

Is preceded by hamzatul wasl

Has sukoon and the preceding letter has kasrah but the following letter is a heavy letter

Light - Has kasrah

Has sukoon and the preceding letter has kasrah

Has sukoon and the preceding letter is ي saakinah

Rules of (ن) Nun Saakinah and Tanwin

1 الإظهار Read Nun Saakinah clearly, when followed by ح، غ، خ، ع، ه، و

2 الإدغام Merge Nun Saakinah with the next letter, when followed by ن، و، ل، م، ي

With عُنَّة (2 counts) when followed by ي، م، ن، و

Without عُنَّة when followed by ل، ر

3 الإقلاب Change Nun Saakinah into م. Read with عُنَّة (2 counts) when followed by ب

4 الإخفاء Hide Nun Saakinah. Read with عُنَّة (2 counts) when followed by any other letter

Light عُنَّة when followed by a light letter

Heavy عُنَّة when followed by a heavy letter

Rules of (م) Meem Saakinah

1 الإدغام شَفَوِي Merge Meem Saakinah with م. Read with عُنَّة (2 counts) when followed by م

2 الإخفاء شَفَوِي Read Meem Saakinah with عُنَّة (2 counts) when followed by ب

3 الإظهار شَفَوِي Read Meem Saakinah clearly when followed by any other letter