

# JUST DUA IT!



BY HALEEMA  
& MUSA STONE

THE LITTLE BOOK OF DUAS  
[JUSTDUA.IT.COM](http://JUSTDUA.IT.COM)



This book contains Allah's words so please treat it with respect

Pre-school

# Introduction for Parents

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

As parents we should try and teach our children these duas and make our home, a place where Allah is remembered. The benefits of making dua and asking Allah for anything is huge, as are its virtues. Supplication is an act of respect to Allah and by offering supplications, we are actually carrying out Allah's instructions.

Allah says: "And your Lord said: Supplicate to Me, I shall answer you." [Qur'an Ghâfir: 60]

There are many supplications that the Prophet Muhammad taught us to say in different situations. With this in mind this book is your source of knowledge for you and your kids. We have made videos to go with each dua so that learning is more fun and interactive. Insha Allah, the hope is that you will share this with your friends and families so more people learn with us.

We'll email you and you can get the videos from [www.justduait.com/videos](http://www.justduait.com/videos).



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# Introduction for Kids

Salaam kids, this is Haleema and Musa and we are so happy that you found our book and are here learning with us. Our mum wanted us to learn the basic duas in Ramadhan so we thought why not make it more fun and learn with all of you too.

We love learning duas in this fun way. Musa thinks we get extra treats from Allah because we are learning to remember these duas! Haleema says her mum lets her do more creative stuff because of the dua she makes to Allah!

You can watch us learn these in a video each day.

Tell your mum and dad to go to [www.justduait.com/videos](http://www.justduait.com/videos) and you will find all our videos there.



For today's video go to: [www.justduait.com/videos](http://www.justduait.com/videos)

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# Dua for Learning

رَبِّ زِدْنِي عِلْمًا



**What it means:**

O my Lord! Advance me in Knowledge

**Transliteration:**

Rabbi zidni ilman

Qur'an Surah Ta-Ha [20:114]

**Kids:**

By saying this dua Allah helps you learn and become smarter!

**Mum and Dad:**

Teach your kids to say this every time they want to learn something or ' something better.



For today's video go to: [www.justduait.com/videos](http://www.justduait.com/videos)

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Day 1

# 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!



Day 2

## How to say 'hello'

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

### What it means:

Peace, Mercy of Allâh and His Blessings be upon you.

### Transliteration:

as-salaamu 'alaykum  
wa rahmatullaahi wa  
barakaatuh

Muslim & Al-Bukhari

### Kids:

Saying hello to someone in an Islamic way brings a lot of reward. It is one of the best things a Muslim can do!

### Mum and Dad:

Abdullah Ibn AAamr (RA) reported that a man asked the Prophet Muhammad ﷺ: Which Islam is the best?

He ﷺ replied, "Feed (the poor), and greet those whom you know as well as those whom you do not."



Day 3

# Dua to thank Allah

اللَّهُ أَكْبَرُ

**What it means:**

Allah is the greatest.

**Transliteration:**

Allahu akbar.

Al-Bukhari & Al-Tirmithi

**Kids:**

This is such an easy one and we say it all the time. Did you know what it meant? Imagine what greatness can Allah bring to your life when you say this!

**Mum and Dad:**

Encourage your children to say this after different activities like when they finish something, when they are happy, at any time. Its so simple, anyone can do this!



Day 4

# Dua if a bad thing happens

قَدَّرَ اللهُ وَمَا شَاءَ فَعَلَ



### What it means:

Allah has decreed and what He wills, He does.

### Transliteration:

qaddar-allaahu wa  
maa shaa'a fa'al

Al-Bukhari & At-Tirmithi

### Kids:

Sometimes bad things happen and it can be tough and we feel lonely. Know that Allah is always there and He loves you. Say this and you will feel better.

### Mum and Dad:

The strong believer is better and more loved by Allah, than the weak believer and there is goodness in both. If a difficulty happens then don't say 'if only so and so', its much better to say this dua and let Allah help you.





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Day 5

# Dua to start anything!!

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

## What it means:

In the name of Allah , the Entirely Merciful, the Especially Merciful.

## Transliteration:

Bismillahir Rahmanir Raheem

Qur'an, Al-Fatihah, 1.

## Kids:

This is the first line of the Qur'an, so learn this and you know some of Allah's book!

## Mum and Dad:

We all say this but do many of us know what it means? Make sure you learn it with the mean and have true understanding.



For today's video go to: [www.justduait.com/videos](http://www.justduait.com/videos)

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Day 6

# 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!



Day 7

# Dua for drinking milk

اللَّهُمَّ بَارِكْ لَنَا فِيهِ وَزِدْنَا مِنْهُ

**What it means:**

Allah, bless it for us and give us more of it.

**Transliteration:**

Allahumma bariklana feehi wazidna minhu.

At-Tirmithi

**Kids:**

If you say this dua before drinking milk it will put blessings in it and make it more tasty!

**Mum and Dad:**

Sometimes children fuss over drinking milk; it's a great nutritious drink and with this dua will have added benefits!



Day 8

# Dua before sleeping

بِسْمِكَ اللَّهُمَّ أَمُوتُوا حَيًّا

**What it means:**

In Your Name , O Allah , I die and I live.

**Transliteration:**

Bismika Allaahumma  
'amootuwa 'ahyaa.

Al-Bukhari & Muslim

**Kids:**

If you want to be protected by Allah when you sleep, be sure to say this dua!

**Mum and Dad:**

Add saying this dua to your bedtime routine with the kids. You can get them to say it after they are tucked in bed.



Day 9

# Dua for nightmares

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

## What it means:

I seek refuge in Allah from the Devil.

## Transliteration:

aAAoothu billahi minash  
shaytanir rajeem.

Al-Bukhari & Muslim

## Kids:

If you have a bad dream say this and it will make you feel better.

## Mum and Dad:

Teach your kids to learn this so that at night they know what to say when they are scared.



Day 10

## Dua after waking up

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

### What it means:

All praise is for Allah who gave us life after causing us to die, and unto Him is the resurrection.

### Transliteration:

Alhamdu lillaahil lathee  
'ahyaanaa ba'da maa  
'amaatanaa wa'ilayhin  
nushoor.

Bukhari & Muslim

### Kids:

Say this dua when you wake up and you will have the best start to the day!

### Mum and Dad:

Every day if you want the best day then wake up remembering Allah. This one is for you and the kids!



Day 11

# Dua for going to the bathroom

[بِسْمِ اللَّهِ] اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبْثِ وَالْخَبَائِثِ

## What it means:

(Before entering) [In the Name of Allah]. (Then) O Allah, I seek protection in You from the male and female unclean spirits.

## Transliteration:

[Bismillaah] Allaahumma 'innee 'a'oothu bika minal khubthi wa khabaa 'ith.

Bukhari & Muslim

## Kids:

Remember to say this every time before you go into the bathroom and you will be protected by Allah.

## Mum and Dad:

This simple dua has a lot of rewards and protects your children from the jinns (spirit) and devils in the bathroom.



Day 12

# Dua for leaving the bathroom

غُفْرَانَكَ

**What it means:**

I seek Your forgiveness

**Transliteration:**

Ghufraanaka

Abu Dawud, IbnMajah & At-Tirmithi

**Kids:**

Remember to say this every time you leave the bathroom! And do your best not to use too much water!

**Mum and Dad:**

This simple dua has a lot of rewards!





Day 13

## Dua for getting dressed

الْحَمْدُ لِلَّهِ الَّذِي كَسَانِي هَذَا [الثَّوْبَ]  
وَرَزَقَنِيهِ مِنْ غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةٍ

### What it means:

Praise is to Allah Who has clothed me with this (garment) and provided it for me, though I was powerless myself and incapable.

### Transliteration:

Alhamdu Lillaahil Lathee  
kasaanee haathaa (aththawba)  
warazaqa neehi min ghayri  
hawlim minnee walaa quwwatin.

Bukhari & Muslim

### Kids:

When you are lucky enough to get new clothes or getting dressed say this to thank Allah!

### Mum and Dad:

This is a lovely simple dua that makes getting dressed full of reward! Lets all say it together.



Day 14

# Dua for getting undressed

بِسْمِ اللّٰهِ



**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!



Day 15

# Dua before eating

بِسْمِ اللّٰهِ

Say these duas & get blessings when you eat.

**What it means:**  
When you are about to eat, say: "In the name of Allah.

**Transliteration:**

Bismillaah

Abu Dawud & At-Tirmithi

اللّٰهُمَّ بَارِكْ لَنَا فِيهِ  
وَاطْعِمْنَا خَيْرًا مِنْهُ

**What it means:**  
When Allah feeds you, you say: "O Allah, Bless it for us and feed us better than it."

**Transliteration:**

allaahumma baarik  
lanaa feehi wa at'imnaa  
khayran minh

At-Tirmithi



Day 16

## Dua after eating

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



### 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

Abu Dawud, At-Tirmithi & Ibn Majah

### 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.



Day 17

## 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"



Day 18

## Dua to travel on a spaceship\*

\*(or any other form of transport!)

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

**What it means:**

Glory to Him who has brought this [vehicle] under our control, though we were unable to control it [ourselves], and indeed, to Our Lord we will surely return.

**Transliteration:**

Subhaan alladhee sakh-khara lanaa  
haadhaa, wa maa kunnaa lahu muqrineena,  
wa innaa ilaaa rabinaa la munqaliboon

Muslim

**Mum, Dad & Kids:**

This is such a cool dua! You can say it on any form of transport: spaceships, airplanes, buses, bikes, cars, camels.



Day 19/20

# Dua for Shopping

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

## Transliteration:

laa ilaaha ill-allaahu waḥdahū laa shareeka lah, lah-  
ul-mulku wa lahuḥ-ḥamdu, yuḥyee wa yumeetu wa  
huwa ḥayun laa yamootu, bi yadi-hil-khayru, wa huwa  
'alaa kulli shay'in qadeer

At-Tirmithi, Ibn Majah & others



Day 19/20

# 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

## Translation:

"None has the right to be worshipped except Allah, alone, without partner, to Him belongs all power and praise. He gives life and causes death, and He is living and does not die. In His hand is all good and He Omnipotent over all things."

## For mum, dad and kids:

The messenger of Allah ﷺ said: Whoever goes into a shop (market) and says (the above dua): Allah will wipe a million bad deeds from his record and grant him a million good deeds, and will elevate him a million degree (of virtue)- ([and will build him a house in paradise] in another narration).





Day 21

## Dua for entering your house

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



### What it means:

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

### Transliteration:

Bismi allāhi Wa Lajna, Wa  
Bismi Allāhi Kharajna, Wa  
'Alā Rabbina Tawakkalna.

Abu Dawud

### Kids, Mum and Dad:

Anas ibn Malik (May Allah be pleased with him) reported: Muhammad ﷺ said to me, "Dear son, when you enter your house, greet your family (by saying Salam 'alykum), for it will be a blessing (Barakah) both to you and to your family."



Day 22

# 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!



Day 23

# Dua for when you sneeze

## What it means & Transliteration

When one of you sneezes he should say:

"All praise is for Allah." alhamdu lillaah  
...and his brother or companion should say to him:

"May Allah have mercy upon you." yarhamuk-  
allaah

...and he (i.e. the one who sneezed) should reply  
back to him:

"May Allah guide you and rectify your  
condition."

yahdeekum-ullaahu wa yuslihu baalakum

Al-Bukhari

الْحَمْدُ لِلَّهِ

يَرْحَمُكَ اللَّهُ

يَهْدِيكُمْ اللَّهُ  
وَيُصْلِحُ بَالَكُمْ



Day 24

# 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!



Day 25

# Dua for forgiveness from Allah

أَسْتَغْفِرُ اللَّهَ ، أَسْتَغْفِرُ اللَّهَ ، أَسْتَغْفِرُ اللَّهَ ،

## What it means:

I ask Allah for forgiveness,  
I ask Allah for forgiveness,  
I ask Allah for forgiveness.

## Transliteration:

astaghfirullaah,  
astaghfirullaah,  
astaghfirullaah

Abu Dawud & At-Tirmidhi

## Kids:

Another easy one that you probably know. Now you know the meaning too!

## Mum and Dad:

Any Muslim who commits a sin and as a result, performs ablution, prays two units of prayer (i.e. two rakAAat) and seeks Allah's forgiveness, Allah will forgive him.



Day 26

# Dua for good in both worlds

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الآخِرَةِ حَسَنَةً  
وَقِنَا عَذَابَ النَّارِ



### What it means:

Our Lord! Give us in this world good & in the Hereafter good, & save us from the torment of the Fire

### Transliteration:

rabbanaaa aatinaa fid-dunyaa  
hasanatan wa fil-aakhirati  
hasanatan wa qinaa 'adhaab-  
an-naar

Qur'an, Surah AL-Baqarah 201.

### Kids:

This is part of prayer so learning it is brilliant!

### Mum and Dad:

Did you know it is incorrect to ask from Allah for this world only.

This was one dua Prophet Muhammad ﷺ used to say a lot.



Day 27

# Dua when scared of people

اللَّهُمَّ اكْفِنِيهِمْ بِمَا شِئْتَ

**What it means:**

Allah, protect me from them with what You choose (or as You will).

**Transliteration:**

Allaahummak  
fineehim bi maa  
shi'ta

Muslim

**Kids, Mum and Dad:**

We all get scared, and it might be a bit odd, but do you ever get scared of people? Make this dua and Allah will look after you...



Day 28

## Dua to visit sick people

لَا بَأْسَ طَهُورٌ إِنْ شَاءَ اللَّهُ

### What it means:

Never mind, may it (the sickness) be a purification (for you), if Allah wills

### Transliteration:

Laa ba'sa  
tahoorun in  
shaa'-allaah

Al-Bukhari, At-Tirmidhi, Ibn Majah & Ahmed

### Kids, Mum and Dad:

When the Prophet ﷺ would enter upon a sick person, he would say, "Never mind, may it (the sickness) be a purification (for you), if Allah wills."

Ali Ibn Abi Talib related that he heard the Messenger of Allah ﷺ say: "If a man calls on his sick Muslim brother, it is as if he walks reaping the fruits of Paradise until he sits, and when he sits he is showered in mercy, and if this was in the morning, seventy thousand angels send prayers upon him until the evening, and if this was in the evening, seventy thousand angels send prayers upon him until the morning."





Day 29

# Dua when amazed & delighted

اللَّهُ أَكْبَرُ

**What it means:**

Allah is the greatest. allaahu akbar

**Transliteration:**

Al-Bukhari & At-Tirmidhi

سُبْحَانَ اللَّهِ

**What it means:**

How far from imperfections Allah is.

**Transliteration:**

Subhaan allaah

Al-Bukhari & Muslim

**Kids:**

Its simple- you know this one!

**Mum and Dad:**

These are lovely simple duas that you can use at any time when you are happy. When you see something that makes you smile make sure you remember Allah and that Him for allowing you to see that.



Day 30

## Dua for guidance

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً  
وَقِنَا عَذَابَ النَّارِ

### What it means:

Our Lord! Give us in this world good & in the Hereafter good, & save us from the torment of the Fire

### Transliteration:

rabbanaaa aatinaa fid-dunyyaa  
hasanatan wa fil-aakhirati  
hasanatan wa qinaa 'adhaab-  
an-naar

Qur'an, Surah AL-Baqarah 201.

### Kids:

This dua asks for the best of everything for ever, now and in the future.

### Mum and Dad:

Did you know it is incorrect to ask from Allah for this world only.

This was one dua Prophet Muhammad ﷺ used to say a lot!



After school

## Whats next?

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا ، وَرِزْقًا طَيِّبًا ،  
وَعَمَلًا مُتَقَبَّلًا

### What it means:

Allah, I ask You for knowledge which is beneficial and sustenance which is good, and deeds which are acceptable.

### Transliteration:

allaahumma innee as'aluka  
'ilman naafi'an, warizqan  
ṭayyiban, wa 'amalan  
mutaqabbalaa

Ibn Majah.

### Kids & Mum and Dad:

This is one of the best duas to say when you want the best knowledge, good (career, life, school etc.) in this world and for Allah to accept all your actions. The best time to say it is after you have finished praying fajr in the morning. [Kids you can say it when you get up too!]



Now what?

**I want to know more.**

Did you know that Prophet Muhammad ﷺ told his friends and companions to 'If anyone travels on a road in search of knowledge, Allah will cause them to travel on one of the roads of Paradise.' [Abu Dawud]. Isn't that amazing?

Learning and education is very important, and more important is knowing what you are learning and how to apply it. We, Haleema and Musa, want you to have fun as well! So we are going to make more videos and books for you, insha Allah, but we want you to tell us what about. If you have ideas why not email our mum and dad at [ramadhan@justduait.com](mailto:ramadhan@justduait.com)

For the next few weeks we are going to go through the videos again and make sure we really got it.

**WE LOVE YOU FOR THE SAKE OF ALLAH!**

Please remember us in your duas.



**JUST  
DUA IT!**

