

الكتاب الأول

أَرْبَعِينَ
رَبَّنَا

FORTY RABBANA

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

40 RABBAN

DUA'S

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FOREWORD

The du'a is one of the believer's best tool for changing what Allah (swt) has already decreed.

To accept one's fate and submit to what Allah (swt) has ordained (both the good and the bad) has tremendous merit. But still, this is not to be used as a reason to excuse offering daily supplication as we learn from the hadith of Prophet Muhammad (ﷺ) the power du'a can have:

“O Allah guide me among those You have guided, pardon me among those You have pardoned, befriend me among those You have befriended, bless me in what You have granted, and save me from the evil that You decreed. Indeed You decree, and none can pass decree, and none can pass decree upon you, indeed he is not humiliated whom You have befriended, blessed are You our Lord and Exalted.”

It is through supplications that we're able to avoid any hardship or evil, and for us ease in any difficult task that Allah (swt) has currently written for us. It is because we offer supplication and good deeds that our destination can be altered.

In the Qur'an there are forty duas which were revealed that begin with the Arabic word Rabbana (رَبَّنَا) meaning, 'Our Lord'. The verse then continues by asking Allah (swt) of something, forgiveness, wealth, success, prosperity, protection, safety, victory etc,. Collectively these are known as the 40 Rabbana duas of the Qur'an and have some of the best Quranic duas a person can learn, memorize, and recite.

Some of these du'as have a tremendous backstory as well. We'll try to include a little synopsis and give you a little context of when / where / why they were revealed. You may already know some of these famous prophetic du'as which were recited by the Prophet's at times when everything seemed to be against them and they were at the climax of adversity.

We include transliteration and translation in English for each du'a so you can pronounce and understand the meaning of the Rabbana duas.

RABBANA DUA # 01

رَبَّنَا تَقَبَّلْ مِنَّا إِنَّكَ أَنْتَ السَّمِيعُ الْعَلِيمُ

Rabbana taqabbal minnaa innaka Antas Samee'ul Aleem

Translation:

“Our Lord, accept [this] from us. Indeed You are the Hearing, the Knowing.”

– 2:127 –

Recommended use:

You can recite this du'a whenever you would like for Allah (swt) to accept whatever good you've just done. Du'a Prophet Ibrahim (as) recited after building the kaaba with his son.

RABBANA DUA # 02

رَبَّنَا وَاجْعَلْنَا مُسْلِمِينَ لَكَ وَمِنْ ذُرِّيَّتِنَا أُمَّةً مُسْلِمَةً لَكَ

وَأَرِنَا مَنَاسِكَنَا وَتُبْ عَلَيْنَا إِنَّكَ أَنْتَ التَّوَّابُ الرَّحِيمُ

*Rabbana waj'alnaa muslimaini laka wa min zurriyyatinaaaa ummatam muslimatal
laka wa arinaa manaasikanaa wa tub 'alainaa innaka antat Tawwaabur Raheem*

Translation:

“Our Lord, and make us Muslims [in submission] to You and from our descendants a Muslim nation [in submission] to You. And show us our rites [of worship] and accept our repentance. Indeed, You are the Accepting of Repentance, the Merciful.”

– 2:128 –

Recommended use:

This du'a should be recited to affirm your faith in Islam. It also a good prayer that asks for the success of the entire Muslim Ummah. Du'a Prophet Ibrahim (as) recited after building the kaaba with his son.

RABBANA DUA # 03

رَبَّنَا ءَاتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي آٰلِٓءِ اٰخِرَةِ حَسَنَةً وَقِنَا

عَذَابَ النَّارِ

*Rabbana atina fid dunyaa hasanatanw wa fil aakhirati hasanatanw wa qinaa
azaaban Naar*

Translation:

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

– 2:201 –

Recommended use:

One of the best duas any believer can recite. It asks for good in this world while not forgetting to ask about good in the akhira (afterlife). “So remember Me; I will remember you. And be grateful to Me and do not deny Me.” (2:152)

RABBANA DUA # 04

رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْرًا وَثَبِّتْ أَقْدَامَنَا وَانصُرْنَا عَلَى الْقَوْمِ

الكَافِرِينَ

Rabbana afrigh 'alainaa sabranw wa sabbit aqdaamanaa wansurnaa 'alal qawmil kaafireen

Translation:

“Our Lord, pour upon us patience and plant firmly our feet and give us victory over the disbelieving people.”

– 2:250 –

Recommended use:

Asking Allah (swt) for protection, patience in whatever endeavor, and to be victorious. Prophetic du'a for protection recited by Prophet dawud (as): Dawud (as) was a smaller, younger man and on paper it did not seem like he was favored to win a battle against Jalut (goliath). But we're told, “and Allah granted him dominion and wisdom, and imparted to him the knowledge of whatever He willed.” (2:251)

RABBANA DUA # 05

رَبَّنَا لَا تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا

Rabbana laa tu'aakhiznaaa in naseenaaa aw akhtaanaa

Translation:

“Our Lord, do not impose blame upon us if we have forgotten or erred.”

– 2:286 –

Recommended use:

This is a du'a for tawbah (repentance). Asking for the forgiveness of Allah (swt) is the best kind of du'a a believer can make. It shows humility in your character, protects you from boasting or growing prideful. Constant repentance is a characteristic that shows your complete reliance on Allah (swt) for all things.

RABBANA DUA # 06

رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إِصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِن

قَبْلِنَا

*Rabbana wa laa tahmil- 'alainaaa isran kamaa hamaltahoo 'alal-lazeena
min qablinaa*

Translation:

“Our Lord, and lay not upon us a burden like that which You laid upon those before us.”

– 2:286 –

Recommended use:

This is a du'a asking Allah (swt) to make the path of righteousness easy upon the believers. Asking Allah (swt) for our life's tests to be ones that we are capable of enduring and overcoming. To not be tested more severely than our predecessors.

RABBANA DUA # 07

رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهِ وَاعْفُ عَنَّا وَاعْفِرْ

لَنَا وَارْحَمْنَا ۚ أَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ

*Rabbana wa laa tuhammilnaa maa laa taaqata lanaa bih; wa'fu 'annaa waghfir
lanaa warhamnaa; Anta mawlaanaa fansurnaa 'alal qawmil kaafireen*

Translation:

“Our Lord, and burden us not with that which we have no ability to bear. And pardon us; and forgive us; and have mercy upon us. You are our protector, so give us victory over the disbelieving people.”

– 2:286 –

Recommended use:

The last ayat of Surah Baqarah alone contains 3 powerful duas which can be recited together or independently. These last 2 ayat are among the most memorized verses of the Qur'an. The Messenger of Allah (صلى الله عليه وسلم) said: “If anyone recited two verses from the last of Surah Baqarah at night, they will be sufficient for him.”

RABBANA DUA # 08

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

إِنَّكَ أَنْتَ الْوَهَّابُ

*Rabbana laa tuzigh quloobanaa ba'da iz hadaitanaa wa hab lanaa mil ladunka
rahmah; innaka antal Wahhaab*

Translation:

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

– 3:8 –

Recommended use:

Another beautiful du'a a believer can recite asking for Allah's rahma (mercy). The believer understands that all things are made possible through Allah (swt). In this du'a, we ask of Allah to make us among those who are guided, to not let the environment or circumstance cause our hearts to swerve once we know the truth.

RABBANA DUA # 09

رَبَّنَا إِنَّكَ جَامِعُ النَّاسِ لِيَوْمٍ لَا رَيْبَ فِيهِ ۚ إِنَّ اللَّهَ لَا

يُخْلِفُ الْمِيعَادَ

Rabbanaaa innaka jaami 'un-naasil Yawmil laa raibafeeh; innal laaha laa yukhliful mee'aad

Translation:

“Our Lord, surely You will gather the people for a Day about which there is no doubt. Indeed, Allah does not fail in His promise.”

– 3:9 –

Recommended use:

This is a du'a of the believers to affirm their faith in the afterlife. A place where we will either reap the rewards for our good deeds and our actions or pay the price of errors. “Indeed, Allah does not fail in his promise.”

RABBANA DUA # 10

رَبَّنَا إِنَّنَا ءَامِنَّا فَآغْفِرْ لَنَا ذُنُوبَنَا وَقِنَا عَذَابَ النَّارِ

*Rabbanaaaa innanaaaa aamannaaa faghfir lanaaa zunoobanaaa wa qinaa 'azaaban
Naar*

Translation:

“Our Lord, indeed we have believed, so forgive us our sins and protect us from the punishment of the Fire”

– 3:16 –

Recommended use:

A du'a for repentance and protection. We ask Allah (swt) for forgiveness and to shield us from the punishment of the hellfire. “[Remember] when you were asking help of your Lord, and He answered you, ‘Indeed, I will reinforce you with a thousand from the angels, following one another.’” (8:9)

RABBANA DUA # 11

رَبَّنَا ءَامَنَّا بِمَا أُنزِلَتْ وَاتَّبَعْنَا الرَّسُولَ فَاكْتُبْنَا مَعَ

الشَّاهِدِينَ

*Rabbanaaa damannaa bimaaa anzalta wattaba 'nar Rasoola faktubnaa ma 'ash
shaahideen*

Translation:

“Our Lord, we have believed in what You revealed and have followed the messenger [i.e., Jesus], so register us among the witnesses [to truth].”

– 3:53 –

Recommended use:

Du'a of faith & worship, i.e. to register us among the witnesses to the truth. In the Qur'an we're told of how Allah (swt) saved Isa (as) from the children of Israel who plotted against him: “[Mention] when Allah said, “O Jesus, indeed I will take you and raise you to Myself and purify [i.e., free] you from those who disbelieve” (3:55)

RABBANA DUA # 12

رَبَّنَا آغْفِرْ لَنَا ذُنُوبَنَا وَإِسْرَافَنَا فِي أَمْرِنَا وَثَبِّتْ أَقْدَامَنَا

وَأَنْصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ

*Rabbanagh fir lanaa zunoobanaa wa israafanaa fee amrinaa wa sabbit
aqdaamanaa wansurnaa 'alal qawmil kaafireen*

Translation:

“Our Lord, forgive us our sins and the excess [committed] in our affairs and plant firmly our feet and give us victory over the disbelieving people.”

– 3:147 –

Recommended use:

Du'a for repentance, victory, and resiliency. To plant one's feet firmly in the face of evil. In the following verse it says, “So Allah gave them the reward of this world and the good reward of the Hereafter. And Allah loves the doers of good.”

RABBANA DUA # 13

رَبَّنَا مَا خَلَقْتَ هَذَا بَطْلًا سُبْحَانَكَ فَقِنَا عَذَابَ النَّارِ

Rabbanaa maa khalaqta haaza baatilan Subhaanaka faqinaa 'azaaban Naar

Translation:

“Our Lord, You did not create this aimlessly; exalted are You [above such a thing]; then protect us from the punishment of the Fire.”

– 3:191 –

Recommended use:

Du'a praising Allah (swt) and asking for His protection from Jahannam (fire). If we take the time to look at the world, we see how complex yet organized all of Allah's creations are. We can see nothing was created aimlessly. There's a greater purpose in everyone one of his creations. This supplication is one of gratitude, shows your appreciation for the beauty in life. The du'a continues to ask Allah (swt) for protection on the day of judgment and that we be saved from the punishment of the fire.

RABBANA DUA # 14

رَبَّنَا إِنَّكَ مَنْ تُدْخِلِ النَّارَ فَقَدْ أَخْزَيْتَهُ وَمَا لِلظَّالِمِينَ مِنْ

أَنْصَارٍ

*Rabbanaaaa innaka man tudkhilin Naara faqad akhzai tahoo wa maa lizzaalimeena
min ansaar*

Translation:

“Our Lord, indeed whoever You admit to the Fire – You have disgraced him, and for the wrongdoers there are no helpers.”

– 3:192 –

Recommended use:

We may not think a whole lot about where we originally came from but, at some point, we'll begin to think about where we are headed. We'll start to ponder the consequences of our actions. It's an important study – the relationship between cause and effect. This supplication can be used as motivation to remind yourself of where you're going because you know the fate of the wrongdoers.

RABBANA DUA # 15

رَبَّنَا إِنَّا سَمِعْنَا مُنَادِيًا يُنَادِي لِلْإِيمَنِ أَنْ ءَامِنُوا بِرَبِّكُمْ

فَأَمَنَّا

*Rabbanaaa innanaa sami'naa munaadiyai yunaadee lil eemaani an aaminoo bi
Rabbikum fa aamannaa*

Translation:

“Our Lord, indeed we have heard a caller, calling to faith, [saying], ‘Believe in your Lord,’ and we have believed.”

– 3:193 –

Recommended use:

Du'a of humility, submission and faith. We have heard a caller (referring to Prophet Muhammad saws) and we have listened to his message and we believe.

RABBANA DUA # 16

رَبَّنَا فَاعْفُ رَنَا ذُنُوبَنَا وَكَفِّرْ عَنَّا سَيِّئَاتِنَا وَتَوَفَّنَا مَعَ

الْأَبْرَارِ

*Rabbanaa faghfir lanaa zunoobanaa wa kaffir 'annaa saiyyi aatina wa tawaffanaa
ma'al abraar*

Translation:

“Our Lord, so forgive us our sins and remove from us our misdeeds and cause us to die among the righteous.”

– 3:193 –

Recommended use:

A du'a for repentance, washing away our misdeeds, and asking Alla (swt) to cause us to die guided on the right path. Narrated Ibn Abbas (ra): (One night) I stayed overnight in the house of my aunt Maimuna, and said to myself, “I will watch the prayer of Allah’s Messenger (صلى الله عليه وسلم)” My aunt placed a cushion for Allah’s Messenger (صلى الله عليه وسلم) and he slept on it in its length-wise direction and (woke-up) rubbing the traces of sleep off his face and then he recited the last ten Verses of Surah Imran till he finished it.

RABBANA DUA # 17

رَبَّنَا وَءَاتِنَا مَا وَعَدْتَنَا عَلَى رُسُلِكَ وَلَا تُخْزِنَا يَوْمَ الْقِيَمَةِ ۚ

إِنَّكَ لَا تُخْلِفُ الْمِيعَادَ

*Rabbanaa wa aatinaa maa wa'attanaa 'alaa Rusulika wa laa tukhzinaa Yawmal
Qiyaamah; innaka laa tukhliful mee'aad*

Translation:

“Our Lord, and grant us what You promised us through Your messengers and do not disgrace us on the Day of Resurrection. Indeed, You do not fail in [Your] promise.”

– 3:194 –

Recommended use:

Du'a of humility, to be saved from being disgraced on the day of judgment. To a true believer, there is no doubt that Allah (swt) will indeed fulfill his promise. Rather this is a prayer to Allah (swt) asking to be worthy of his promise.

RABBANA DUA # 18

رَبَّنَا ءَامَنَّا فَاكْتُبْنَا مَعَ الشَّاهِدِينَ

Rabbanaaa aamannaa faktubnaa ma'ash shaahideen

Translation:

“Our Lord, we have believed, so register us among the witnesses.”

– 5:83 –

Recommended use:

A du'a for those who want to testify the truth and verbally affirm their belief in it. Any who is (so) grateful does so to the profit of his own soul: but if any is ungrateful, verily Allah is free of all wants, Worthy of all praise.

RABBANA DUA # 19

رَبَّنَا أَنْزِلْ عَلَيْنَا مَائِدَةً مِنَ السَّمَاءِ تَكُونُ لَنَا عِيدًا لِأَوَّلِنَا

وَأَآخِرِنَا وَآيَةً مِنْكَ ۖ وَارْزُقْنَا وَأَنْتَ خَيْرُ الرَّازِقِينَ

*Rabbanaaaa anzil ‘alainaaa maaaa’idatam minas samaaaa’i takoonu lanaa ‘eedal li
awwalinaa wa aakhirinaa wa Aayatam minka warzuqnaa wa Anta khairur
raaziqeen*

Translation:

“O Allah, our Lord, send down to us a table [spread with food] from the heaven to be for us a festival for the first of us and the last of us and a sign from You. And provide for us, and You are the best of providers.”

– 5:114 –

Recommended use:

A du’a for provision. Provision is all encompassing term meaning to supply with food, money, or way to make a living. All good provisions come from Allah (swt), we turn to him and ask him to provide for us. This is a du’a Isa (Jesus) alayhis salaam recited asking for sufficient food for him and his followers. Allah (swt) replies in the following verse, “I am going to send it down to you; but whoever from you disbelieves after that, I shall give him a punishment I shall not give to anyone in the worlds.”

RABBANA DUA # 20

رَبَّنَا ظَلَمْنَا أَنْفُسَنَا وَإِنْ لَّمْ تَغْفِرْ لَنَا وَتَرْحَمْنَا لَنَكُونَنَّ مِنَ

الْخُسِرِينَ

*Rabbanaa zalamnaaa anfusanaa wa illam taghfir lanaa wa tarhamnaa
lanakoonanna minal khaasireen*

Translation:

“Our Lord, we have wronged ourselves, and if You do not forgive us and have mercy upon us, we will surely be among the losers.”

– 7:23 –

Recommended use:

A du'a for repentance (tawbah). We can learn from how Adam (as) responded after he erred. Being able to admit your faults and to harbor guilt is a beautiful sign of our belief and dedication to Allah subhanahu wa ta'ala. We ask for his forgiveness and avoid repeating the same mistakes. This is the du'a Prophet Adam (as) recited after sinning in paradise.