DAR ALHAMD

My Everyday Duas

میری روزمرہ دعائیں

A children's book of daily duas
and words of remembrance

ARABIC • ENGLISH • URDU

30 everyday moments to learn



Listen · Understand · Practise

A DAR ALHAMD LEARNING BOOK

This book belongs to

یہ کتاب میری ہے



My name _____ میرا نام

My class _____ میری جماعت

My teacher _____ میرے استاد

A little learning, every day.

Read, listen and practise with someone who helps you.

آئیے، روز تھوڑا سا سیکھیں اور دعاؤں کو اپنی زندگی کا حصہ بنائیں۔

Let’s learn together

Each learning page has one dua or short remembrance, its meaning, and one little activity.

1

Listen

Listen to your teacher or an adult. Notice each Arabic sound.

اپنے استاد یا کسی بڑے سے سنیں اور عربی آوازوں پر توجہ دیں۔

2

Understand

Read the English or Urdu meaning together. Ask about a new word.

انگریزی یا اردو ترجمہ پڑھیں۔ نیا لفظ سمجھنے کے لیے سوال کریں۔

3

Practise

Say a short part, then join the parts together. Take your time.

تھوڑا تھوڑا پڑھیں، پھر پوری دعا ملائیں۔ آرام سے سیکھیں۔

4

Remember

Use the words at the right moment. Tick your progress when you are ready.

مناسب وقت پر دعا پڑھیں اور سیکھ لینے پر نشان لگائیں۔



A dua is a prayer to Allah. Words of remembrance include praise and greetings.

The activities help you learn. You can go at your own pace.

Find your dua

Choose a moment from your day. The number on the right is the page.

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01 A FRESH BEGINNING

When I wake up

جب میں جاگوں

Say this when you wake up from sleep.



READ IN ARABIC

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا
بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

ENGLISH MEANING

All praise belongs to Allah, who gave us life after causing us to die [in sleep]. To Him we will be raised again.

اردو ترجمہ

تمام تعریفیں اللہ کے لیے ہیں جس نے ہمیں موت [نیند] کے بعد زندگی دی،
اور اسی کی طرف ہمیں دوبارہ اٹھایا جائے گا۔

Source: Sahih al-Bukhari 6312

TRY IT TODAY

Name one good thing you hope to do today.

☐ I listened ☐ I practised ☐ I can remember

02 A FRESH BEGINNING

Before I enter the toilet

بیت الخلا میں جانے سے پہلے

Say this before entering the toilet.



READ IN ARABIC

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبُثِ وَالْخَبَائِثِ

ENGLISH MEANING

O Allah, I seek Your protection from male and female devils.

اردو ترجمہ

اے اللہ ! نر اور مادہ شیاطین سے تیری پناہ طلب ہے۔

Source: Sahih al-Bukhari 142

TRY IT TODAY

Practise remembering this dua before you go inside.

☐ I listened ☐ I practised ☐ I can remember

03 A FRESH BEGINNING

After I leave the toilet

بیت الخلا سے نکلنے کے بعد

Say this after coming out of the toilet.



READ IN ARABIC

غُفْرَانَكَ

ENGLISH MEANING

I ask You for forgiveness.

اردو ترجمہ

اے اللہ! تجھ سے معافی کی درخواست ہے۔

Source: Sunan Abi Dawud 30

TRY IT TODAY

Listen to the word, then say it with your teacher.

☐ I listened ☐ I practised ☐ I can remember

04 A FRESH BEGINNING

After I make wudu

وضو کرنے کے بعد

Say this after you have finished wudu.



READ IN ARABIC

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ
وَأَشْهَدُ أَنَّ مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ

وأشهد أن محمدا عبده ورسوله

ENGLISH MEANING

I bear witness that none deserves worship except Allah alone, without any partner. I also bear witness that Muhammad is His servant and Messenger.

اردو ترجمہ

میری گواہی ہے کہ اللہ کے سوا کوئی معبود نہیں۔ وہ اکیلا ہے، اس کا کوئی شریک نہیں۔ اور میری گواہی ہے کہ محمد اس کے بندے اور رسول ہیں۔

Source: Sahih Muslim 234b

TRY IT TODAY

Learn the first sentence, then practise both sentences together.

☐ I listened ☐ I practised ☐ I can remember

05 A FRESH BEGINNING

When I get dressed

کپڑے پہنتے وقت

Say this when you put on your clothes.



READ IN ARABIC

اَلْحَمْدُ لِلّٰهِ الَّذِي كَسَانِي هَذَا الثَّوْبَ
وَرَزَقَنِيهِ مِنْ غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةٍ

ENGLISH MEANING

Praise belongs to Allah, who clothed me in this garment and provided it without any strength or power of my own.

اردو ترجمہ

تمام تعریفیں اللہ کے لیے ہیں جس نے مجھے یہ لباس پہنایا اور میری اپنی طاقت یا قوت کے بغیر مجھے یہ عطا فرمایا۔

Source: Sunan Abi Dawud 4023

TRY IT TODAY — Fold one item of clothing and put it away neatly.

☐ I listened ☐ I practised ☐ I can remember

06 MEALTIMES

Before I eat

کھانے سے پہلے

Say this before your first bite.



READ IN ARABIC

بِسْمِ اللَّهِ

ENGLISH MEANING

In Allah's name.

اردو ترجمہ

اللہ کے نام سے۔

Source: Jami at-Tirmidhi 1858

TRY IT TODAY

At your next meal, pause and remember these words.

☐ I listened ☐ I practised ☐ I can remember

07 MEALTIMES

If I forget Bismillah

اگر بسم اللہ کہنا بھول جاؤں

If you remember during your meal that you forgot Bismillah, say this.



READ IN ARABIC

بِسْمِ اللَّهِ أَوَّلَهُ وَآخِرَهُ

ENGLISH MEANING

In Allah's name, at its beginning and its end.

اردو ترجمہ

اس کھانے کے شروع اور آخر میں اللہ کے نام سے۔

Source: Sunan Abi Dawud 3767

TRY IT TODAY

Tell your teacher when you would use this dua.

☐ I listened ☐ I practised ☐ I can remember

08 MEALTIMES

After I eat

کھانے کے بعد

Say this when you finish eating.



READ IN ARABIC

اَلْحَمْدُ لِلّٰهِ الَّذِي أَطْعَمَنِي هَذَا
وَرَزَقَنِيهِ مِنْ غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةٍ

ENGLISH MEANING

Praise belongs to Allah, who fed me this and provided it without any strength or power of my own.

اردو ترجمہ

تمام تعریفیں اللہ کے لیے ہیں جس نے مجھے یہ کھانا کھلایا اور میری اپنی طاقت یا قوت کے بغیر مجھے یہ عطا فرمایا۔

Source: Jami at-Tirmidhi 3458

TRY IT TODAY

Name one part of your meal that you are thankful for.

☐ I listened ☐ I practised ☐ I can remember

09 MEALTIMES

For someone who feeds me

کھانا کھلانے والوں کے لیے دعا



Make this dua for the people who have welcomed you and given you food.

READ IN ARABIC

اللَّهُمَّ بَارِكْ لَهُمْ فِي مَا رَزَقْتَهُمْ
وَاغْفِرْ لَهُمْ وَارْحَمْهُمْ

ENGLISH MEANING

O Allah, bless what You have provided for them, forgive them, and show them mercy.

اردو ترجمہ

اے اللہ! جو رزق تو نے انہیں دیا ہے اس میں برکت دے، انہیں بخش دے اور ان پر رحم فرما۔

Source: Sahih Muslim 2042a

TRY IT TODAY

Thank the person who prepared your meal today.

☐ I listened ☐ I practised ☐ I can remember

10 OUT AND ABOUT

When I ride in a vehicle

سواری پر بیٹھتے وقت

Remember Allah when you settle into your seat. These are selected words for riding.



READ IN ARABIC

سُبْحَانَ الَّذِي سَخَّرَ لَنَا هَٰذَا
وَمَا كُنَّا لَهُ مُقْرِنِينَ
وَإِنَّا إِلَىٰ رَبِّنَا لَمُنقَلِبُونَ

ENGLISH MEANING

Glory be to Him who has given us control over this; we could not have done it by ourselves. Truly it is to our Lord that we are returning.

اردو ترجمہ

پاک ذات ہے اس کی جس نے اسے ہمارے بس میں کردیا حالانکہ ہمیں اسے قابو کرنے کی طاقت نہ تھی. اور بالیقین ہم اپنے رب کی طرف لوٹ کر جانے والے ہیں.

Source: Quran 43:13–14, selected words; Abu Dawud 2602

Quran translations: M. A. S. Abdel Haleem (English) • Muhammad Junagarhi (Urdu)

TRY IT TODAY — Fasten your seat belt, then practise the words with an adult.

☐ I listened ☐ I practised ☐ I can remember

11 OUT AND ABOUT

When I leave home

گھر سے نکلتے وقت

Say this as you leave your home.



READ IN ARABIC

بِسْمِ اللَّهِ تَوَكَّلْتُ عَلَى اللَّهِ
لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

ENGLISH MEANING

In Allah's name. I place my trust in Allah. There is no strength or power except through Allah.

اردو ترجمہ

اللہ کے نام سے۔ میں نے اللہ پر بھروسا کیا۔ اللہ کی مدد کے بغیر نہ طاقت ہے نہ قوت۔

Source: Sunan Abi Dawud 5095

TRY IT TODAY

Practise the dua near the door before your next outing.

☐ I listened ☐ I practised ☐ I can remember

12 OUT AND ABOUT

When I greet someone

کسی کو سلام کرتے وقت

Use this greeting when you meet your family, friends, or teacher.



READ IN ARABIC

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

ENGLISH MEANING

May peace, Allah's mercy, and His blessings be upon you.

اردو ترجمہ

آپ پر سلامتی، اللہ کی رحمت اور اس کی برکتیں ہوں۔

Source: Sunan Abi Dawud 5195

TRY IT TODAY

Greet someone kindly today.

☐ I listened ☐ I practised ☐ I can remember

13 OUT AND ABOUT

When I enter the mosque

مسجد میں داخل ہوتے وقت

Say this when entering the mosque.



READ IN ARABIC

اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

ENGLISH MEANING

O Allah, open the doors of Your mercy for me.

اردو ترجمہ

اے اللہ! میرے لیے اپنی رحمت کے دروازے کھول دے۔

Source: Sahih Muslim 713a

TRY IT TODAY

Practise using a quiet, gentle voice in the mosque.

☐ I listened ☐ I practised ☐ I can remember

14 OUT AND ABOUT

When I leave the mosque

مسجد سے نکلتے وقت

Say this when leaving the mosque.



READ IN ARABIC

اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ

ENGLISH MEANING

O Allah, I ask You for Your generous favour.

اردو ترجمہ

اے اللہ! تجھ سے تیرے فضل کی درخواست ہے۔

Source: Sahih Muslim 713a

TRY IT TODAY

Can you remember which dua is for entering and which is for leaving?

☐ I listened ☐ I practised ☐ I can remember

15 KIND WORDS AND CARE

After I sneeze

چھینک آنے کے بعد

Say this after you sneeze.



READ IN ARABIC

اَلْحَمْدُ لِلَّهِ

ENGLISH MEANING

All praise belongs to Allah.

اردو ترجمہ

تمام تعریفیں اللہ کے لیے ہیں۔

Source: Sahih al-Bukhari 6224

TRY IT TODAY

Practise the sneeze-and-reply conversation with your teacher.

☐ I listened ☐ I practised ☐ I can remember

16 KIND WORDS AND CARE

Replying to a sneeze

چھینکنے والے کو جواب دینا

Say this when someone sneezes and praises Allah.



READ IN ARABIC

يَرْحَمُكَ اللَّهُ

ENGLISH MEANING

May Allah show you mercy.

اردو ترجمہ

اللہ آپ پر رحم فرمائے۔

Source: Sahih al-Bukhari 6224

TRY IT TODAY

Practise the sneezing conversation with a partner.

☐ I listened ☐ I practised ☐ I can remember

17 KIND WORDS AND CARE

The sneezer replies

چھینکنے والے کا جواب

After sneezing, say this to the person who has asked Allah to show you mercy.



READ IN ARABIC

يَهْدِيكُمُ اللَّهُ وَيُصْلِحُ بَالَكُمْ

ENGLISH MEANING

May Allah guide you and set your affairs right.

اردو ترجمہ

اللہ آپ کو ہدایت دے اور آپ کے حالات درست فرمائے۔

Source: Sahih al-Bukhari 6224

TRY IT TODAY

Take turns being the sneezer and the person who replies.

☐ I listened ☐ I practised ☐ I can remember

18 KIND WORDS AND CARE

When I feel angry

جب غصہ آئے

Say this when you feel angry.



READ IN ARABIC

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

ENGLISH MEANING

I seek Allah's protection from Satan, who is cast out.

اردو ترجمہ

دھتکارے ہوئے شیطان سے اللہ کی پناہ طلب ہے۔

Source: Sahih al-Bukhari 6115

TRY IT TODAY

Practise pausing and choosing gentle words.

☐ I listened ☐ I practised ☐ I can remember

19 KIND WORDS AND CARE

Arriving somewhere new

کسی جگہ ٹھہرتے وقت

Say this when you stop or settle at a place, such as on a family trip.



READ IN ARABIC

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ
مِنْ شَرِّ مَا خَلَقَ

ENGLISH MEANING

I seek protection in Allah's perfect words from the harm of what He has created.

اردو ترجمہ

اللہ کی پیدا کی ہوئی چیزوں کے شر سے اس کے کامل کلمات کی پناہ طلب ہے۔

Source: Sahih Muslim 2708a

TRY IT TODAY

Draw a place where your family might stop on a trip.

☐ I listened ☐ I practised ☐ I can remember

20 RAIN AND REST

When rain falls

جب بارش ہو

Say this when it rains.



READ IN ARABIC

اللَّهُمَّ اجْعَلْهُ صَيِّبًا نَافِعًا

ENGLISH MEANING

O Allah, make this rain beneficial.

اردو ترجمہ

اے اللہ! اس بارش کو فائدہ دینے والی بنا دے۔

Source: Sunan an-Nasa'i 1523

TRY IT TODAY

Name two things that need rain to grow.

☐ I listened ☐ I practised ☐ I can remember

21 RAIN AND REST

After the rain

بارش کے بعد

Say this after rain, remembering Allah's favour.



READ IN ARABIC

مُطِرْنَا بِفَضْلِ اللَّهِ وَرَحْمَتِهِ

ENGLISH MEANING

We have received rain through Allah's favour and mercy.

اردو ترجمہ

اللہ کے فضل اور رحمت سے ہم پر بارش ہوئی۔

Source: Sahih al-Bukhari 846

TRY IT TODAY

Look for fresh leaves or puddles after the rain.

☐ I listened ☐ I practised ☐ I can remember

22 RAIN AND REST

Before I sleep

سونے سے پہلے

Say this as you settle down to sleep.



READ IN ARABIC

بِاسْمِكَ اللَّهُمَّ أَمُوتُ وَأَحْيَا

ENGLISH MEANING

O Allah, in Your name I die and I live.

اردو ترجمہ

اے اللہ! تیرے نام کے ساتھ میرا مرنا اور جینا ہے۔

Source: Sahih al-Bukhari 6324

TRY IT TODAY

Practise this dua with your family at bedtime.

☐ I listened ☐ I practised ☐ I can remember

23 DUAS FROM THE HEART

For more knowledge

علم میں اضافے کی دعا

Use this dua when asking Allah to increase your knowledge.



READ IN ARABIC

رَّبِّ زِدْنِي عِلْمًا

ENGLISH MEANING

Lord, increase me in knowledge!

اردو ترجمہ

پروردگار! میرا علم بڑھا.

Source: Quran 20:114, dua excerpt

Quran translations: M. A. S. Abdel Haleem (English) • Muhammad Junagarhi (Urdu)

TRY IT TODAY

Tell someone one new thing you learned today.

☐ I listened ☐ I practised ☐ I can remember

24 DUAS FROM THE HEART

For my parents

والدین کے لیے دعا

Make this dua for your parents.



READ IN ARABIC

رَّبِّ ارْحَمْهُمَا كَمَا رَبَّيَانِي صَغِيرًا

ENGLISH MEANING

Lord, have mercy on them, just as they cared for me when I was little.

اردو ترجمہ

اے میرے پروردگار! ان پر ویسا ہی رحم کر جیسا انہوں نے میرے بچپن میں میری پرورش کی ہے۔

Source: Quran 17:24, dua excerpt

Quran translations: M. A. S. Abdel Haleem (English) • Muhammad Junagarhi (Urdu)

TRY IT TODAY

Choose a kind way to help your parents today.

☐ I listened ☐ I practised ☐ I can remember

25 DUAS FROM THE HEART

Good in both worlds

دنیا اور آخرت کی بھلائی

Ask Allah for good in this life and in the Hereafter.



READ IN ARABIC

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً
وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

ENGLISH MEANING

Our Lord, give us good in this world and in the Hereafter, and protect us from the torment of the Fire.

اردو ترجمہ

اے ہمارے رب! ہمیں دنیا میں نیکی دے اور آخرت میں بھی بھلائی عطا فرما
اور ہمیں عذاب جہنم سے نجات دے۔

Source: Quran 2:201, dua excerpt

Quran translations: M. A. S. Abdel Haleem (English) • Muhammad Junagarhi (Urdu)

TRY IT TODAY

Talk with an adult about something good you can ask Allah for.

☐ I listened ☐ I practised ☐ I can remember

26 DUAS FROM THE HEART

Asking for forgiveness

معافی مانگنا

Say this when asking Allah to forgive you.



READ IN ARABIC

رَبِّ اغْفِرْ لِي وَتُبْ عَلَيَّ
إِنَّكَ أَنْتَ التَّوَّابُ الرَّحِيمُ

ENGLISH MEANING

My Lord, forgive me and accept my repentance. You are the One who accepts repentance, the Merciful.

اردو ترجمہ

اے میرے رب! مجھے معاف فرما اور میری توبہ قبول فرما۔ بے شک تو ہی بہت توبہ قبول کرنے والا، رحم فرمانے والا ہے۔

Source: Sunan Abi Dawud 1516

TRY IT TODAY

Think of a mistake you can put right today.

☐ I listened ☐ I practised ☐ I can remember

27 DUAS FROM THE HEART

Asking for guidance

ہدایت کی دعا

Say this when you ask Allah to help you live well.



READ IN ARABIC

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْهُدَى وَالتُّقَى
وَالْعَفَافَ وَالْغِنَى

ENGLISH MEANING

O Allah, I ask You for guidance, awareness of You, modesty and self-restraint, and freedom from need.

اردو ترجمہ

اے اللہ! تجھ سے ہدایت، تقویٰ، پاک دامنی اور بے نیازی کی دعا ہے۔

Source: Sahih Muslim 2721a

TRY IT TODAY

Choose one good action to practise today.

☐ I listened ☐ I practised ☐ I can remember

28 DUAS FROM THE HEART

For someone who is ill

بیمار کے لیے دعا

Say this when making dua for a person who is ill.



READ IN ARABIC

أَذْهِبِ الْبَأْسَ رَبَّ النَّاسِ،
اشْفِ وَأَنْتَ الشَّافِي، لَا شِفَاءَ إِلَّا شِفَاؤُكَ،
شِفَاءً لَا يُغَادِرُ سَقَمًا

ENGLISH MEANING

Remove the illness, Lord of all people. Grant healing, for You are the Healer. There is no healing except Yours: healing that leaves no illness behind.

اردو ترجمہ

اے لوگوں کے رب! بیماری دور فرما، شفا عطا فرما، تو ہی شفا دینے والا ہے۔ تیری شفا کے سوا کوئی شفا نہیں۔ ایسی شفا دے جو کوئی بیماری باقی نہ چھوڑے۔

Source: Sahih al-Bukhari 5675

TRY IT TODAY

Make a kind get-well card for someone.

☐ I listened ☐ I practised ☐ I can remember

29 DUAS FROM THE HEART

Thanking someone

کسی کا شکریہ ادا کرنا

Say this to someone who has done something kind for you.



READ IN ARABIC

جَزَاكَ اللَّهُ خَيْرًا

ENGLISH MEANING

May Allah reward you with goodness.

اردو ترجمہ

اللہ آپ کو بھلائی کا بدلہ عطا فرمائے۔

Source: Jami at-Tirmidhi 2035

TRY IT TODAY

Thank someone who has helped you today.

☐ I listened ☐ I practised ☐ I can remember

30 DUAS FROM THE HEART

At the end of a gathering

مجلس کے اختتام پر

Say this before leaving a gathering.



READ IN ARABIC

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ،
أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ،
أَسْتَغْفِرُكَ وَأَتُوبُ إِلَيْكَ

ENGLISH MEANING

You are free from every imperfection, O Allah, and all praise is Yours. I bear witness that none deserves worship except You. I ask Your forgiveness and turn to You in repentance.

اردو ترجمہ

اے اللہ! تو ہر عیب سے پاک ہے اور تیری ہی حمد ہے۔ میری گواہی ہے کہ تیرے سوا کوئی معبود نہیں۔ تجھ سے بخشش کی درخواست ہے اور توبہ کے ساتھ تیری ہی طرف میرا رجوع ہے۔

Source: Jami at-Tirmidhi 3433

TRY IT TODAY — Practise this dua together at the end of your lesson.

☐ I listened ☐ I practised ☐ I can remember

My learning journey

Colour a circle when you can say the words and explain their meaning with a little help.

- ○ 01 When I wake up
- ○ 02 Before I enter the toilet
- ○ 03 After I leave the toilet
- ○ 04 After I make wudu
- ○ 05 When I get dressed
- ○ 06 Before I eat
- ○ 07 If I forget Bismillah
- ○ 08 After I eat
- ○ 09 For someone who feeds me
- ○ 10 When I ride in a vehicle
- ○ 11 When I leave home
- ○ 12 When I greet someone
- ○ 13 When I enter the mosque
- ○ 14 When I leave the mosque
- ○ 15 After I sneeze
- ○ 16 Replying to a sneeze
- ○ 17 The sneezer replies
- ○ 18 When I feel angry
- ○ 19 Arriving somewhere new
- ○ 20 When rain falls
- ○ 21 After the rain
- ○ 22 Before I sleep
- ○ 23 For more knowledge
- ○ 24 For my parents
- ○ 25 Good in both worlds
- ○ 26 Asking for forgiveness
- ○ 27 Asking for guidance
- ○ 28 For someone who is ill
- ○ 29 Thanking someone
- ○ 30 At the end of a gathering

My next dua to practise: _____

ہر چھوٹا قدم اہم ہے۔ سیکھتے رہیں اور وقتاً فوقتاً دہرائیں۔

Sources and references

The Arabic follows the cited narration or Quran passage. Numbering below matches the learning pages.

01 **When I wake up** Sahih al-Bukhari 6312
sunnah.com/bukhari:6312

02 **Before I enter the toilet** Sahih al-Bukhari 142
sunnah.com/bukhari:142

03 **After I leave the toilet** Sunan Abi Dawud 30
sunnah.com/abudawud:30

04 **After I make wudu** Sahih Muslim 234b
sunnah.com/muslim:234b

05 **When I get dressed** Sunan Abi Dawud 4023
sunnah.com/abudawud:4023

06 **Before I eat** Jami at-Tirmidhi 1858
sunnah.com/tirmidhi:1858

07 **If I forget Bismillah** Sunan Abi Dawud 3767
sunnah.com/abudawud:3767

08 **After I eat** Jami at-Tirmidhi 3458
sunnah.com/tirmidhi:3458

09 **For someone who feeds me** Sahih Muslim 2042a
sunnah.com/muslim:2042a

10 **When I ride in a vehicle** Quran 43:13–14, selected words; Abu Dawud 2602
quran.com/43/13-14 • sunnah.com/abudawud:2602

11 **When I leave home** Sunan Abi Dawud 5095
sunnah.com/abudawud:5095

12 **When I greet someone** Sunan Abi Dawud 5195
sunnah.com/abudawud:5195

13 **When I enter the mosque** Sahih Muslim 713a
sunnah.com/muslim:713a

14 **When I leave the mosque** Sahih Muslim 713a
sunnah.com/muslim:713a

15 **After I sneeze** Sahih al-Bukhari 6224
sunnah.com/bukhari:6224

Quran pages contain the dua portion of a verse. The riding page uses selected words from 43:13–14; it is not the complete travel supplication.

Sources and references

The Arabic follows the cited narration or Quran passage. Numbering below matches the learning pages.

16 **Replying to a sneeze** Sahih al-Bukhari 6224
sunnah.com/bukhari:6224

17 **The sneezer replies** Sahih al-Bukhari 6224
sunnah.com/bukhari:6224

18 **When I feel angry** Sahih al-Bukhari 6115
sunnah.com/bukhari:6115

19 **Arriving somewhere new** Sahih Muslim 2708a
sunnah.com/muslim:2708a

20 **When rain falls** Sunan an-Nasa'i 1523
sunnah.com/nasai:1523

21 **After the rain** Sahih al-Bukhari 846
sunnah.com/bukhari:846

22 **Before I sleep** Sahih al-Bukhari 6324
sunnah.com/bukhari:6324

23 **For more knowledge** Quran 20:114, dua excerpt
quran.com/20/114

24 **For my parents** Quran 17:24, dua excerpt
quran.com/17/24

25 **Good in both worlds** Quran 2:201, dua excerpt
quran.com/2/201

26 **Asking for forgiveness** Sunan Abi Dawud 1516
sunnah.com/abudawud:1516

27 **Asking for guidance** Sahih Muslim 2721a
sunnah.com/muslim:2721a

28 **For someone who is ill** Sahih al-Bukhari 5675
sunnah.com/bukhari:5675

29 **Thanking someone** Jami at-Tirmidhi 2035
sunnah.com/tirmidhi:2035

30 **At the end of a gathering** Jami at-Tirmidhi 3433
sunnah.com/tirmidhi:3433

Hadith meanings were prepared for this workbook. Quran translation excerpts are from M. A. S. Abdel Haleem in English and Muhammad Junagarhi in Urdu, as supplied through Quran.com.

For parents and teachers

Help children learn the sounds, understand the words and use them in everyday life.

Teach one small part at a time

Read the Arabic aloud accurately, then let the child repeat a short phrase. Build up to the whole dua. Use the English or Urdu meaning to check understanding. Review earlier pages regularly.

Keep learning gentle

The practice activities and tick boxes are teaching ideas. They are not prescribed worship counts. General prayers, such as asking for knowledge or forgiveness, are not restricted to one daily event. Teach the toilet duas outside the toilet and keep the book in a clean place.

Some words need a little explanation

Waking and sleeping: the translations preserve the Arabic words about life and death. On the waking page, [in sleep] is an explanatory addition. **Hereafter:** life after this world. **Repentance:** turning back to Allah and seeking forgiveness.

When speaking to a girl or a group

The printed forms on pages 20 and 33 address one male. Arabic changes the ending when speaking to someone else. These are grammatical forms of the same dua.

To one girl after a sneeze: يَرْحَمُكِ اللَّهُ

To one girl when thanking her: جَزَاكِ اللَّهُ خَيْرًا

To a group when thanking them: جَزَاكُمُ اللَّهُ خَيْرًا

Text and translation notes

Quranic Arabic is reproduced in Imla'i script from Quran.com through quran.ai. The Quran pages use selected translation excerpts credited on each page. The remaining English and Urdu meanings were written for this workbook. Hadith wording follows the specific source listed; other reported versions may differ.

The clothing entry uses only the dua in Abu Dawud 4023; no claim about forgiveness of future sins is reproduced. The after-meal and thanking entries follow the cited hasan reports. Practice questions are educational suggestions, separate from the transmitted words.

Quran passages 2:201, 17:24, 20:114 and 43:13–14 were checked with quran.ai against Quran.com's Arabic text and the English and Urdu editions credited in this book.

My dua learning certificate

دعائیں سیکھنے کی سند

This certificate is awarded to

_____

for learning and practising the duas
and words of remembrance in this book.

اس کتاب کی دعائیں اور اذکار سیکھنے اور مشق کرنے پر۔



Teacher or parent _____ Date _____

DAR ALHAMD

دار الحمد

Remember Allah through your day

From waking up to bedtime, learn 30 everyday duas and short remembrances with clear Arabic, English and Urdu meanings, colourful illustrations and gentle practice.

صبح سے رات تک، روزمرہ کی دعائیں سیکھیں، ان کا مطلب سمجھیں اور اپنی زندگی میں اپنائیں۔



LISTEN • UNDERSTAND • PRACTISE