

Powerful Du'as From the Holy Qur'an And Hadith with Translation and Transliteration

Below are 10 simple and powerful du'as you can use to ask Allah (SWT) for His help:

1. Du'a for Guidance and Steadfastness

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

• TRANSLITERATION:

“Rabbana la tuzigh qulubana ba'da idh hadaytana wahab lana min ladunka rahmatan innaka Anta al-Wahhab.”

• TRANSLATION:

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

• SOURCE: Al-Qur'an

(Surah Al-Imran 3:8)

2. Du'a for Help in Every Matter

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

• TRANSLITERATION:

“Hasbiyallahu la ilaha illa Huwa 'alayhi tawakkaltu wa Huwa Rabbul 'Arshil 'Adheem.”

• TRANSLATION:

"Allah is sufficient for me; there is no deity except Him. On Him I rely, and He is the Lord of the Great Throne."

• SOURCE: Al-Qur'an

(Surah At-Tawbah 9:129)

3. Du'a for Mercy and Forgiveness

رَبِّ اغْفِرْ لِي وَلِوَالِدَيَّ وَلِمَنْ دَخَلَ بَيْتِي مُؤْمِنًا وَلِلْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ

• TRANSLITERATION

“Rabbi ighfir li wa liwalidayya waliman dakhala baytiy mu'minan walilmu'mineena walmu'minat.”

• TRANSLATION:

"My Lord, forgive me and my parents, and whoever enters my house a believer, and the believing men and believing women."

• SOURCE: Al-Qur'an

(Surah Nuh 71:28)

4. Du'a for Patience and Strength

رَبَّنَا أفرغْ عَلَيْنَا صَبْرًا وَثَبِّتْ أَقْدَامَنَا وَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ

• TRANSLITERATION

“Rabbana afrigh 'alayna sabran wa thabbit aqdamana wansurna 'alal qawmil kafireen.”

• TRANSLATION:

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

• SOURCE: Al-Qur'an

[\(Surah Al-Baqarah 2:250\)](#)

5. Du'a for Protection from Harm

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ
السَّمِيعُ الْعَلِيمُ

• TRANSLITERATION:

**“Bismillahiladhi la yadurru ma’asmih shay’un
fil-ardi wa la fissama’i wa Huwa as-Sami’ul
‘Aleem.”**

• TRANSLATION:

**"In the name of Allah with whose name nothing
on earth or in the heavens can harm, and He is
the All-Hearing, the All-Knowing."**

• SOURCE: Hadith

[\(Sunan Ibn Majah\)](#)

6. Du'a for Seeking Good in this Life and the Hereafter

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

• TRANSLITERATION:

**“Rabbana atina fid-dunya hasanatan wa
fil-akhirati hasanatan wa qina 'adhaban-nar.”**

• TRANSLATION:

**"Our Lord, grant us good in this world and good
in the Hereafter and protect us from the
punishment of the Fire."**

• SOURCE: Al-Qur'an

[\(Surah Al-Baqarah 2:201\)](#)

7. Du'a for Repentance and Forgiveness

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ خَلَقْتَنِي وَأَنَا عَبْدُكَ وَأَنَا عَلَى عَهْدِكَ
وَوَعْدِكَ مَا اسْتَطَعْتُ

• TRANSLITERATION:

**“Allahumma anta Rabbi la ilaha illa anta,
khalaqtani wa ana 'abduka wa ana 'ala 'ahdika
wa wa'dika mastada'tu...”**

• TRANSLATION:

**"O Allah, You are my Lord, there is no deity but
You. You created me, and I am Your servant, and
I abide by Your covenant and promise as best I
can..."**

• SOURCE: Hadith

[\(Sahih Al-Bukhari\)](#)

8. Du'a for Seeking Knowledge and Understanding

رَبِّ زِدْنِي عِلْمًا

• TRANSLITERATION

“Rabbi zidni ‘ilma.”

• TRANSLATION:

"My Lord, increase me in knowledge."

• SOURCE:

(Surah Taha 20:114)

9. Du'a for Ease in Hardships

اللَّهُمَّ لَا سَهْلَ إِلَّا مَا جَعَلْتَهُ سَهْلًا وَأَنْتَ تَجْعَلُ الْحَزْنَ إِذَا شِئْتَ سَهْلًا

“Allahumma la sahla illa ma ja’altahu sahlan wa anta taj’alul hazna idha shi’ta sahlan.”

• TRANSLATION:

"O Allah, there is no ease except what You make easy, and You make difficulty, if You wish, easy."

• SOURCE: **Hadith**

[\(Sunan Ibn Majah\)](#)

10. Du’a for Protection from Worries and Sorrow

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ وَالْعَجْزِ وَالْكَسَلِ

• TRANSLITERATION

“Allahumma inni a’udhu bika minal-hammi wal-hazani wal-‘ajzi wal-kasali.”

• TRANSLATION:

"O Allah, I seek refuge in You from worry and grief, from helplessness and laziness."

• SOURCE: **Hadith**

[\(Sahih Al-Bukhari\)](#)

These du’as reflect a wide range of supplications for help, mercy, protection, and guidance from Allah (SWT).

They can bring comfort and strength during difficult times, as well as reinforce a sense of reliance on Allah in every matter.

10 More Powerful Du’as in Islam for Seeking Help from Allah

Here are 10 more **du’as** (supplications) to help children ask Allah for His mercy, protection, and guidance.

These du'as are easy to remember and can bring peace, happiness, and strength to their hearts.

11. Du'a for Healing

اللَّهُمَّ رَبَّ النَّاسِ، اذْهَبِ الْبَأْسَ، اشْفِ أَنْتَ الشَّافِي، لَا شِفَاءَ إِلَّا شِفَاؤُكَ،
شِفَاءً لَا يُغَادِرُ سَقَمًا

- TRANSLITERATION

“Allahumma rabban-nas, adhhibil-ba’sa, ishfi anta ash-shafi, la shifa’a illa shifa’uka, shifa’an la yughadiru saqama.”

- MEANING:

"O Allah, Lord of the people, remove the harm and heal, for You are the Healer. There is no healing but Your healing, a healing that leaves no illness behind."

- SOURCE: Hadith

(Sahih Al-Bukhari)

- **Tips:** This du'a is great to say when we or someone we love is feeling sick.

12. Du'a for Seeking Refuge from Evil

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

- TRANSLITERATION

“A’udhu bikalimatillahil tammati min sharri ma khalaq.”

- MEANING:

"I seek refuge in the perfect words of Allah from the evil of what He has created."

- SOURCE: **Hadith**

(Sahih Muslim)

- **Tips:** We can say this du'a to ask Allah to protect us from bad things.

13. Du'a for Thanking Allah

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنَا وَسَقَانَا وَجَعَلَنَا مُسْلِمِينَ

TRANSLITERATION

“Alhamdulillah allathee at'amana wasaqana waja'alana muslimen.”

- MEANING:

"All praise is to Allah, who gave us food and drink and made us Muslims."

- SOURCE: **Hadith**

(Sunan Abi Dawood)

- **Tips:** It's important to always thank Allah for the blessings we have, and this du'a helps us remember that.

14. Du'a for Help with School and Work

رَبِّ يَسِّرْ وَلَا تُعَسِّرْ وَتَمِّمْ بِالْخَيْرِ

- TRANSLITERATION

“Rabbi yassir wa la tu'assir wa tammim bil-khayr.”

- MEANING:

"My Lord, make it easy, and do not make it difficult, and complete it with goodness."

- **Tips:** We can say this du'a when we need help with schoolwork or any task that seems hard.

15. Du'a for Strength to Do Good

رَبِّ أَعِنِّي عَلَى ذِكْرِكَ وَشُكْرِكَ وَحُسْنِ عِبَادَتِكَ

- TRANSLITERATION

“Rabbi a’inni ‘ala dhikrika wa shukrika wa husni ‘ibadatika.”

- MEANING:

"My Lord, help me to remember You, thank You, and worship You in the best way."

- SOURCE: Hadith

(Sunan Abi Dawood)

- **Tips:** This du'a asks Allah to help us stay close to Him by remembering and thanking Him.

16. Du'a for Seeking Forgiveness

أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ

- TRANSLITERATION

“Astaghfirullah Rabbi min kulli dhambin wa atubu ilayh.”

- MEANING:

"I ask Allah for forgiveness from all my sins, and I turn to Him in repentance."

- **Tips:** Whenever we make mistakes, this du'a helps us ask Allah for forgiveness.

17. Du'a for Protection from Fear

حَسْبِيَ اللَّهُ وَنِعْمَ الْوَكِيلُ

- TRANSLITERATION

“Hasbiyallahu wa ni'mal wakeel.”

- MEANING:

"Allah is enough for me, and He is the best protector."

- SOURCE:

(Quran 3:173)

- **Tips:** When we feel scared or unsure, this du'a reminds us that Allah is always with us.

18. Du'a for a Good Heart

رَبِّ إِنِّي لِمَا أَنْزَلْتَ إِلَيَّ مِنْ خَيْرٍ فَقِيرٌ

- TRANSLITERATION

“Rabbi inni lima anzalta ilayya min khayrin faqir.”

- MEANING:

"My Lord, I am in need of whatever good You send to me."

- SOURCE:

(Quran 28:24)

- **Tips:** This du'a asks Allah to send us good things and keep our hearts pure and full of kindness.

19. Du'a for Peace of Mind

اللَّهُمَّ إِنِّي أَسْأَلُكَ نَفْسًا مُطْمَئِنَّةً

• TRANSLITERATION

“Allahumma inni as’aluka nafsan mutma’innah.”

• MEANING:

"O Allah, I ask You for a peaceful soul."

• SOURCE:

(Quran 89:27)

- **Tips:** Whenever we feel worried or stressed, this du’a can bring peace to our minds.

20. Du’a for Happiness in Life

رَبِّ إِنِّي مَسَّنِيَ الضُّرُّ وَأَنْتَ أَرْحَمُ الرَّاحِمِينَ

• TRANSLITERATION

“Rabbi inni massani d-durru wa anta ar-hamur rahimeen.”

• MEANING:

"My Lord, harm has touched me, and You are the Most Merciful of those who show mercy."

• SOURCE:

(Quran 21:83)

- **Tips:** This du’a reminds us that even when things are hard, Allah is always merciful and can help us find happiness again.