



# The Dua Activity Book For Teens & Tweens



From The Quran & Sunnah  
Of Prophet Muhammad



Knowledgedunes

# *Duas*

**From The Quran & Sunnah**

# For Our Family

Knowledgedunes



From The Quran & Sunnah

رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا  
وَذُرِّيَاتِنَا قُرَّةَ أَعْيُنٍ وَاجْعَلْنَا  
لِلْمُتَّقِينَ إِمَامًا

Surah Al-Furqan (25:74)

“Our Lord, grant us from our spouses  
and offspring comfort to our eyes and  
make us an example for the  
righteous”.

Choose the Arabic translation of the given English  
words:

إِمَامًا

وَاجْعَلْنَا

رَبَّنَا

1. Example/  
exemplary
2. And make us
3. Our Lord



From The Quran & Sunnah

# رَبِّهِمْ لِي مِنَ الصَّالِحِينَ

Surah As-Saffat (37:100)

**My Lord, grant me (offspring)  
from the righteous**

**This supplication was made by Prophet Ibrahim (peace be upon him) when he was old, and Allah answered by granting him sons like Ismail and Ishaq**

**Match the prophets to their mothers:**

- |                     |          |
|---------------------|----------|
| 1. Prophet Isa      | • Aminah |
| 2. Prophet Ismail   | • Maryam |
| 3. Prophet Ishaq    | • Hajar  |
| 4. Prophet Muhammad | • Sarah  |



From The Quran & Sunnah

# رَبِّ لَا تَذَرْنِي فَرْدًا وَأَنْتَ خَيْرُ الْوَارِثِينَ

Surah Al-Anbiya (21:89)

“My Lord, do not leave me alone (without an heir), while You are the best of inheritors”

Prophet Zakariya (peace be upon him) used this dua when he was old and childless, and Allah blessed him with a righteous son, Prophet Yahya (John) ( peace be upon him)

Please write the English translations:

وَ

---

أَنْتَ

---

Knowledgedunes



From The Quran & Sunnah

رَبِّ اجْعَلْنِي مُقِيمَ  
الصَّلَاةِ وَمِن ذُرِّيَّتِي  
رَبَّنَا وَتَقَبَّلْ دُعَاءِ

Surah Ibrahim (14:40)

My Lord! Make me and those  
believers of my descendants keep  
up prayer. Our Lord! Accept my  
prayers.

Please match with its correct meaning:

رَبِّ

Our Lord

مِن

My Lord

رَبَّنَا

From



From The Quran & Sunnah

رَبِّ هَبْ لِي مِنْ لَدُنْكَ  
ذُرِّيَّةً طَيِّبَةً إِنَّكَ سَمِيعُ  
الدُّعَاءِ

Surah Aal-e-Imran (3:38).

My Lord, grant me from Yourself  
righteous offspring, for You are  
indeed the Hearer of prayers".

Write the Arabic meaning for the stated  
words. The answer is available in the above  
dua:

**Righteous offspring**



# *Duas*

**From The Quran & Sunnah**

# For Our Parents

Knowledgedunes



From The Quran & Sunnah

رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ  
وَلِلْمُؤْمِنِينَ يَوْمَ يَقُومُ  
الْحِسَابُ



Surah Ibrahim (14:41)

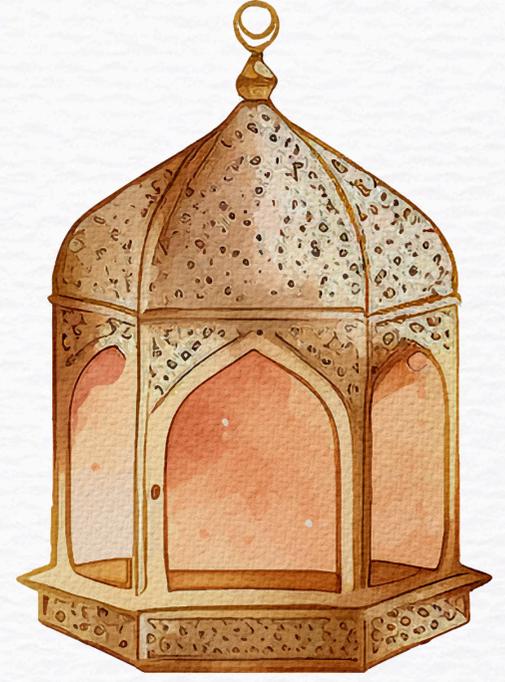
"Our Lord, forgive me and my  
parents and the believers the  
Day the account is  
established"

This powerful supplication was made by Prophet  
Ibrahim (peace be upon him) for forgiveness for  
himself, his parents, and all believers.

Please rewrite the Arabic words below and their English  
translation as given above:

يَوْمَ يَقُومُ الْحِسَابُ

From The Quran & Sunnah



رَبِّ اَرْحَمُهُمَا كَمَا  
رَبِّيَانِي صَغِيرًا

Surah Al-Isra (17:24)

“My Lord, have mercy upon them (my parents) as they brought me up (when I was) small,”

A beautiful supplication asking Allah for mercy on parents for their care during childhood, showing gratitude and fulfilling a core Islamic duty.

Match with the correct translation:

صَغِيرًا

Big

كَبِيرًا

Small

From The Quran & Sunnah



رَبِّ اغْفِرْ لِي وَلِوَالِدَيَّ وَلِمَنْ  
دَخَلَ بَيْتِي مُؤْمِنًا  
وَالْمُؤْمِنِينَ وَالْمُؤْمِنَاتِ

Surah Nuh (71:28)

“My Lord! Forgive me, my parents, and whoever enters my house in faith, and all believing men and women.”

Prophet Nuh made the dua for forgiveness for his parents and the ummah

Choose the correct translations:

He entered

دَخَلَ

Forgive me

لِي

For me

From The Quran & Sunnah



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

Surah An-Naml (27:19)

“My Lord, inspire me to (always) be thankful for the blessings You have granted me and my parents, and to do good deeds that please You; admit me by Your grace into the ranks of Your righteous servants.”

Dua for showing gratitude to Allah for you and your parents

Find the English translation of these 2 prepositions:

عَلَىٰ  
فِي

In

On

# *Duas*

From The Quran & Sunnah

## **To Seek Forgiveness Like The 4 Prophets**



From The Quran & Sunnah

## Prophet Adam Ask For Forgiveness

رَبَّنَا ظَلَمْنَا أَنفُسَنَا وَإِن لَّمْ تَغْفِرْ  
لَنَا وَتَرْحَمْنَا لَنَكُونَنَّ مِنَ

الْخٰسِرِينَ

Surah Al- Araf (7:23)

**“Our Lord! We have wronged ourselves. If  
You do not forgive us and have mercy on  
us, we will certainly be losers.”**

Please write 3 words in the dua that  
end with نَا (We/Us)



From The Quran & Sunnah

## Prophet Musa Ask For Forgiveness

رَبِّ اِنِّى ظَلَمْتُ نَفْسِى  
فَاُغْفِرْ لِى

Surah Al- Qasas (28:16)

“My Lord! I have definitely wronged  
my soul, so forgive me.”

Find the correct match:

I have wronged

My Lord

My Soul

Indeed I

رَبِّ  
اِنِّى  
ظَلَمْتُ  
نَفْسِى



From The Quran & Sunnah

## Prophet Nuh Ask For Forgiveness

رَبِّ إِنِّي أَعُوذُ بِكَ أَنْ أَسْأَلَكَ مَا  
لَيْسَ لِي بِهِ عِلْمٌ وَإِلَّا تَغْفِرْ لِي  
وَتَرْحَمْنِي أَكُنَ مِنَ الْخَاسِرِينَ

Surah Hud (11:47)

“My Lord, I seek refuge in You from asking You about what I have no knowledge of, and unless You forgive me and have mercy on me, I will be one of the losers.”

Choose the correct Arabic word to its meaning:

لَيْسَ      عِلْمٌ      أَعُوذُ

1. Is Not
2. Knowledge
3. I seek refuge



From The Quran & Sunnah

## Prophet Muhammad Ask For Forgiveness

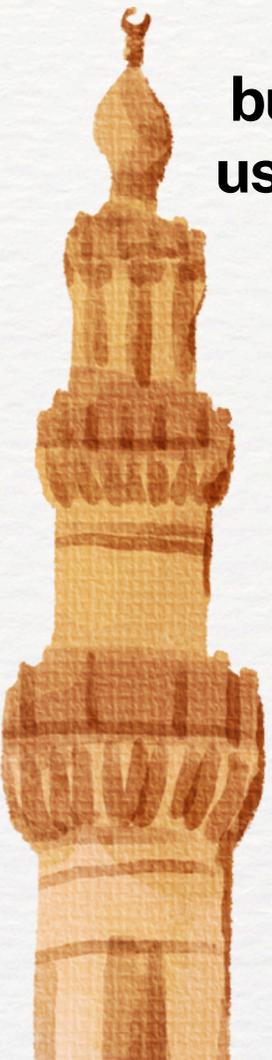
رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إِصْرًا كَمَا حَمَلْتَهُ عَلَى  
الَّذِينَ مِنْ قَبْلِنَا رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا  
بِهِ <sup>صَلِّ</sup> وَأَعْفُ عَنَّا وَأَغْفِرْ لَنَا وَأَرْحَمْنَا أَنْتَ مَوْلَانَا  
فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ

Surah Al- Baqarah (2:286)

“Our Lord! Do not punish us if we forget or make a mistake. Our Lord! Do not place a burden on us like the one you placed on those before us. Our Lord! Do not burden us with what we cannot bear. Pardon us, forgive us, and have mercy on us. You are our ‘only’ Guardian. So grant us victory over the disbelieving people.”

Write down the English translation of these words:

أَنْتَ مَوْلَانَا



From The Quran & Sunnah

## Prophet Muhammad Taught Abu Bakr To Ask Forgiveness

اللَّهُمَّ إِنِّي ظَلَمْتُ نَفْسِي ظُلْمًا كَثِيرًا وَلَا  
يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ، فَاعْفِرْ لِي مَغْفِرَةً مِنْ  
عِنْدِكَ، وَارْحَمْنِي إِنَّكَ أَنْتَ الْغَفُورُ الرَّحِيمُ

Sahih al-Bukhari 834, Muslim 2705

“O Allah! I have done great injustice to myself and none except You forgives sins, so bestow on me a forgiveness from You, and Have Mercy on me, You are the Forgiver, the Merciful”

Write the meaning of these words in Arabic as mentioned in the dua:

**The Forgiver:**

**The Merciful:**



# *Duas*

**From The Quran & Sunnah**

**To take  
refuge in  
Allah from  
difficulties**



From The Quran & Sunnah



لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي  
كُنْتُ مِنَ الظَّالِمِينَ

Surah Al Anbiya 21:87

“There is no god worthy of worship except You.  
Glory be to You! I have certainly done wrong.

This powerful supplication was made by Prophet Yunus  
(peace be upon him) while in the belly of a whale.

Please match the Arabic words to their correct translations:

لَا  
إِلَّا  
أَنْتَ  
سُبْحَانَكَ  
إِنِّي  
كُنْتُ

- I have done
- Except
- Indeed I/  
Certainly I



From The Quran & Sunnah

رَبَّنَا آتِنَا مِنْ لَدُنْكَ رَحْمَةً وَهَيِّئْ  
لَنَا مِنْ أَمْرِنَا رَشَدًا



Surah Al Kahf 18:10

“Our Lord! Grant us mercy from Yourself  
and guide us rightly through our ordeal.”

This powerful supplication was made by the young  
men when they were seeking protection in the cave.

Please write the English translations:

آتِنَا

\_\_\_\_\_

رَحْمَةً

\_\_\_\_\_





From The Quran & Sunnah

رَبَّنَا أَنْزِلْ عَلَيْنَا مَائِدَةً مِّنَ السَّمَاءِ تَكُونُ لَنَا  
عِيدًا لِّأَوَّلِنَا وَآخِرِنَا وَآيَةً مِّنكَ <sup>صَلِّ</sup> وَأَرْزُقْنَا وَأَنْتَ  
خَيْرُ الرَّزُقِينَ

Surah Al-Ma'idah (5:114)

“Our Lord! Send us from heaven a table spread with food as a feast for us (the first and last of us) and as a sign from You. Provide for us! You are indeed the Best Provider.”

Please write the translation of these words:

خَيْرُ الرَّزُقِينَ

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From The Quran & Sunnah

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ،  
وَالْعَجْزِ وَالْكَسَلِ، وَالْجُبْنِ وَالْبُخْلِ،  
وَضَلَعِ الدَّيْنِ، وَغَلَبَةِ الرِّجَالِ

Sahih al-Bukhari 6369 (Book 80, Hadith 66)

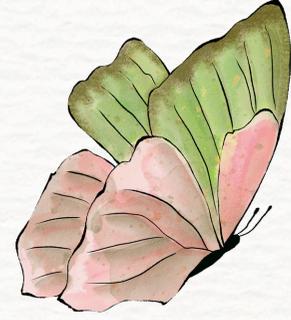
"O Allah! I seek refuge with You from worry and grief, from incapacity and laziness, from cowardice and miserliness, from being heavily in debt and from being overpowered by (other) men".

This supplication was narrated by Anas Bin Malik (May Allah have mercy on him).

Please list 8 points that Prophet Muhammad teaches us to ask Allah for protection in the above dua



From The Quran & Sunnah



اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ جَهْدِ الْبَلَاءِ، وَدَرَكِ  
الشَّقَاءِ، وَسُوءِ الْقَضَاءِ، وَشَمَاتَةِ الْأَعْدَاءِ

Sahih al-Bukhari 6616 (Book 82, Hadith 22)

"O Allah! I seek refuge with You from the difficulties of severe calamities, from having an evil end and a bad fate, and from the malicious joy of your enemies".

This supplication was narrated by Abu Hurairah (May Allah have mercy on him).

What are the meaning of these Arabic words?

أَعُوذُ

الْبَلَاءِ

\_\_\_\_\_

\_\_\_\_\_



# *Duas*

**From The Quran & Sunnah**

**To ask Allah  
to make us  
people with  
tawakkul**



From The Quran & Sunnah

**رَبَّنَا عَلَيْكَ تَوَكَّلْنَا وَإِلَيْكَ أَنَبْنَا  
وَإِلَيْكَ الْمَصِيرُ**

Surah al Mumtahanah 60:04

**“Our Lord! In You we trust. And to You we always turn. And to You is the final return.”**

**Prophet Ibrahim read this supplication when he was about to be thrown into the fire by his people, having full trust in Allah.**

**Please write the Arabic translation of the given words below:**

**And:**

**We trust:**

**The final return:**



From The Quran & Sunnah

عَلَى اللَّهِ تَوَكَّلْنَا رَبَّنَا لَا تَجْعَلْنَا فِتْنَةً لِّلْقَوْمِ  
الظَّالِمِينَ  
وَنَجِّنَا بِرَحْمَتِكَ مِنَ الْقَوْمِ الْكَافِرِينَ

Surah Yunus 10:85-86

“In Allah we trust. Our Lord! Do not subject us to the persecution of the oppressive people, and deliver us by Your mercy from the disbelieving people.”

Prophet Moosa and his followers made this supplication, asking Allah to protect them from the oppression by the Pharaoh.

Who are the disbelieving people mentioned by Prophet Moosa in this dua?



From The Quran & Sunnah

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

Surah at-Taubah 9:129

“Allah is sufficient for me. There is no god worthy of worship except Him. In Him I put my trust. And He is the Lord of the Mighty Throne.”

Prophet Muhammad (peace and blessings be upon him) recited zikr with this verse when his dakwah was rejected by the mushrik.

What is the meaning of the stated words?

رَبُّ الْعَرْشِ الْعَظِيمِ



From The Quran & Sunnah

اللَّهُمَّ لَكَ أَسْلَمْتُ وَبِكَ آمَنْتُ وَعَلَيْكَ تَوَكَّلْتُ  
وَإِلَيْكَ أُنَبِّتُ وَبِكَ خَاصَمْتُ اللَّهُمَّ إِنِّي أَعُوذُ  
بِعِزَّتِكَ لَا إِلَهَ إِلَّا أَنْتَ أَنْ تُصَلِّبَنِي أَنْتَ الْحَيُّ  
الَّذِي لَا يَمُوتُ وَالْجِنُّ وَالْإِنْسُ يَمُوتُونَ "

Sahih Muslim 2717

“O Allah, I have surrendered to You, and I have faith in You. I trust in You, and I have turned to You. I have contested my opponents for Your sake. O Allah, I seek refuge in Your power from going astray, for there is no God but You. You are the Living who never dies, while jinn and humans die.”

This hadith was narrated by Ibn Abbas from the Prophet (peace and blessings be upon him)

Please write the English translation of the name of Allah listed below:

الْحَيُّ



# *Duas*

**From The Quran & Sunnah**

**To Ask Allah  
For Success  
& To  
Facilitate  
Our Affairs**



From The Quran & Sunnah



رَبِّ أَشْرَحْ لِي صَدْرِي (٢٥)  
وَيَسِّرْ لِي أَمْرِي (٢٦)  
وَأَحْلِلْ عُقْدَةً مِّن لِّسَانِي (٢٧)  
يَفْقَهُوا قَوْلِي (٢٨)

Surah Taha 20:25- 20:28

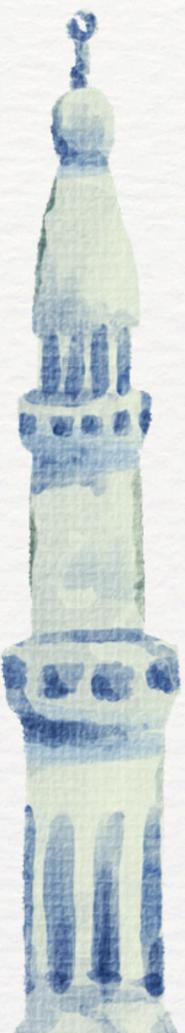
"O my Lord! Open for me my chest (grant me self-confidence, contentment, and boldness).  
And ease my task for me;  
And loose the knot (the defect) from my tongue, (i.e. remove the incorrectness from my speech)  
That they understand my speech."

Prophet Moosa prays to Allah for strength, ease, and clear speech to fulfill his mission.

Rewrite these Arabic words to their English translations:

صَدْرِي      لِّسَانِي      قَوْلِي

1. My speech
2. My chest
3. My tongue



From The Quran & Sunnah



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

Surah Ali- Imran 3:147

“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.”

Match these words to their English translations:

أَمْرِنَا

أَقْدَامَنَا

- Our feet
- Our duties/our tasks



From The Quran & Sunnah

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



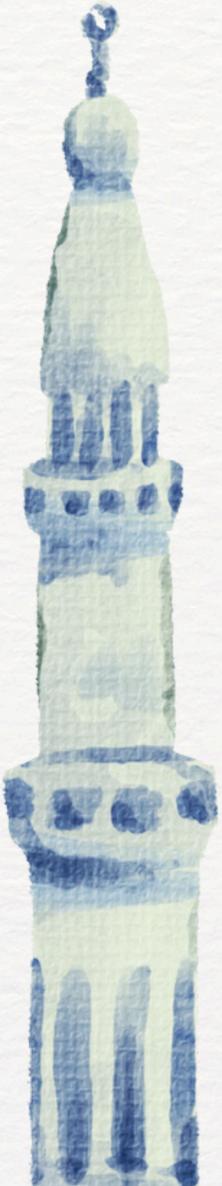
Hadith al Baihaqi 265 & ibn Hibban 974

“O Allah, there is no ease except in that which You have made easy, and You make the difficulty, if You wish, a ease”.

This Hadith refers to a well-known supplication for seeking ease in difficult matters

What is the meaning of this Arabic word?

سَهْلًا



From The Quran & Sunnah



اللَّهُمَّ زِدْنَا وَلَا تَنْقُصْنَا وَأَكْرِمْنَا وَلَا تُهِنَّا  
وَأَعْطِنَا وَلَا تَحْرِمْنَا وَآثِرْنَا وَلَا تُؤْتِرْ عَلَيْنَا  
وَأَرْضِنَا وَارْضَ عَنَّا "

HadithTirmidhi 3173

"O Allah! Increase us and do not diminish us, honor us and do not disgrace us, give us and do not deprive us, favor us and do not prefer others over us, and please us and be pleased with us".

This Hadith was narrated by Umar Ibn Al Khattab. Prophet Muhammad read this dua when a revelation was sent to him.

Match these words to their correct Arabic translations:

زِدْنَا

أَكْرِمْنَا

أَعْطِنَا

Please us

Increase us

Favor us

Honour us

Give us

أَرْضِنَا

آثِرْنَا





# *Duas*



**From The Quran & Sunnah**

# **TO ASK ALLAH FOR GUIDANCE**

**Knowledgedunes**



From The Quran & Sunnah

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

Surah A'li Imran 3:8

**“Our Lord! Do not let our hearts deviate after you have guided us. Grant us Your mercy. You are indeed the Giver of all bounties.**

Prophet Ibrahim read this supplication when he was about to be thrown into the fire by his people, having full trust in Allah.

Write down the English translation of the name of Allah listed below:

الْوَهَّابُ



# رمضان كرىم

Alhamdulillah, we have completed 28 duas from the Quran and the Sunnah of the Prophet Muhammad in this book. I hope you'll be able to gain benefit from them. May Allah accept from us. Amin

