

# CONVERSATIONS WITH ALLAH SWT: CULTIVATING DUA



Mufti Abdul Wahab Waheed

## SESSION 4

Duas are our conversation with Allah SWT.

- In our fourth session of our Cultivating Dua series, Mufti Abdul Wahab reminded us that duas are not always to get a response, but rather to talk to Allah SWT and have a conversation with Him. The duas mentioned within the series and the PDF are Prophetic duas, ones that the Prophet SAW himself used and taught his companions. We should make dua for an objective, “ya Allah grant me happiness from this,” rather than just asking for specific things. The idea is that we go beyond these duas and open up in front of Allah SWT when no one is watching.

اللَّهُمَّ إِنِّي أَسْأَلُكَ مُوجِبَاتِ رَحْمَتِكَ، وَعَزَائِمَ مَغْفِرَتِكَ، وَالسَّلَامَةَ مِنْ كُلِّ  
إِثْمٍ، وَالْغَنِيمَةَ مِنْ كُلِّ بَرٍّ، وَالْفَوْزَ بِالْجَنَّةِ، وَالنَّجَاةَ مِنَ النَّارِ

O Allah! I beg You for that which incites Your Mercy and the means of Your forgiveness, safety from every sin, the benefit from every good deed, success in attaining Jannah and deliverance from Fire.

- We ask that Allah SWT gives us all the things that provide His Mercy in our lives, as we are in need of His Mercy. Not only do we want that in our life, we ask for the love of those things. We also ask that Allah SWT protects us from enjoying sin and being engulfed within it. We ask that Allah SWT protect us from all those things that can lead us to sins, whether it be environment or people.
- Asking for benefit from the actions means the benefit take place within this life, as in reciting the Quran entering our hearts and prayer giving us God-consciousness.

اللَّهُمَّ أَرْزُقْنَا عِلْمًا نَافِعًا وَرِزْقًا وَاسِعًا وَقَلْبًا خَاشِعًا وَعَمَلًا مُتَقَبَّلًا وَشِفَاءً مِنْ كُلِّ دَاءٍ

O Allah grant us beneficial knowledge, plentiful provision, submissive hearts, acceptable deeds, and cure from all ailments.

- Actions are important, but it may be more important to ask that those actions are accepted by Allah SWT. After Ibrahim (as) built the most sacred house of Allah, he made dua that Allah SWT would accept that action.

## Duas for Specific Occasions

- These are meant for different times throughout the day, such as the morning/evening and entering/leaving the house. It can give our actions like working immense reward.

اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ الْمَوْلِجِ وَخَيْرَ الْمَخْرَجِ بِسْمِ اللَّهِ وَلِجْنَا وَبِسْمِ اللَّهِ  
خَرَجْنَا وَعَلَى اللَّهِ رَبِّنَا تَوَكَّلْنَا

O Allah, I ask You for the best of entering and the best of leaving. In the Name of Allah we enter, and in the Name of Allah we leave, and in our Lord, we place our trust.

- This a dua for entering the home. It asks for the best of entrances and that it makes the entrance a form a barakah (blessing). Whatever I had in my mind, any sort of difficulties, it is left at the door. It is a dua that my entrance is a means of happiness for me and my family, not that I walk in and yell and demand something. It asks that my spouse and my children are the coolness of my eyes and that the best of what I could want is within my house. And when leaving, it is done with the intention of the sake of Allah.

اللَّهُمَّ أَعُوذُ بِكَ أَنْ أَضِلَّ أَوْ أُضِلَّ ، أَوْ أَزِلَّ أَوْ أُزِلَّ ، أَوْ أَظْلِمَ أَوْ أُظْلَمَ ، أَوْ  
أَجْهَلَ أَوْ يُجْهَلَ عَلَيَّ

O Allah, I seek refuge with You lest I should stray or be led astray, or slip (i.e. to commit a sin unintentionally) or be tripped, or oppress or be oppressed, or behave foolishly or be treated foolishly.

- This is a dua to recite when you leave the house. We do not want to be a source of ill in the world, rather a source of upliftment. We want others to feel as if they can benefit from us. We also want to be protected from their harms.

- Every time you leave the house, you are selling yourself towards Allah SWT or shaytaan. There are tribulations that affect the eyes and ears, so it is important that we ask for protection.
- We ask that we are protected from the oppression of others and our oppression over others. Allah SWT makes it impermissible upon Himself to oppress anyone, so it is impermissible for you to do so. And we should ask that we are not able to oppress ourselves.
- Thulm (oppression) means to put something where it does not belong. For example, borrowing money from someone and not returning it. The worst forms of thulm is shirk, as it puts something else in the heart where Allah SWT and shukr should belong.
- Humaza means to belittle people with facial expressions and Lumaza means to belittle people through hand gestures.
- We ask Allah SWT to not allow us to act with ignorance and make us people of self-dignity, to know how to talk and in front of people.
- All in all, as we leave the house, we ask Allah SWT to protect ourselves from others and to protect others from ourselves.

بِسْمِ اللَّهِ تَوَكَّلْتُ عَلَى اللَّهِ لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

In the Name of Allah, I place my trust in Allah, there is no might or power except by Allah.

- This is a shorter dua for leaving/entering the house if the previous are a bit too long to remember.
- In this dua, no evil can afflict because one recognizes all the power and trust is in Allah. People can only benefit you if Allah allows them and the same goes for the people that wish to hurt you. We ask for protection of the evil of people, car accidents, jealousy, or being laid off.
- This dua will also allow us to attribute the goodness that happens in our lives to Allah SWT and gives us more confident in our dua, allowing us to make even more.

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

We have made (started) the morning (and night) in whose Name nothing in the skies and the earth can harm and He is the All-hearing, the All-knowing.

- This is a dua to make in the morning. This is praising Allah SWT that we have woken us as our soul has returned to our body from a smaller form of death. This dua is the way to wake up on the right side of the bed.

رَضِيتُ بِاللَّهِ رَبًّا وَبِالْإِسْلَامِ دِينًا وَبِمُحَمَّدٍ نَبِيًّا

I am pleased with Allah as the Lord and Islam as the religion and Muhammad (ﷺ) as the Prophet.

We are content with the Prophet SAW being our prophet, alhumdullilah. We should read this dua and be grateful Allah is our Rabb. Rabb means four things:

1. Allah SWT owns us
2. He takes care of us
3. He has full access towards us
4. He blesses us with more an more

أَمْسَيْنَا وَأَمْسَى الْمُلْكُ لِلَّهِ رَبِّ الْعَالَمِينَ اللَّهُمَّ إِنِّي أَسْأَلُكَ خَيْرَ هَذِهِ اللَّيْلَةِ فَتَحَهَا وَنَصْرَهَا وَنُورَهَا وَبَرَكَتَهَا وَهُدَاهَا وَأَعُوذُ بِكَ مِنْ شَرِّ مَا فِيهَا وَشَرِّ مَا بَعْدَهَا

The evening has come to me and the whole universe belongs to Allah who is The Lord of the worlds. O Allah, I ask of you the good of the night, it's success and aid and its nur (celestial light) and barakaat (blessings) and seek hidayat (guidance) and refuge from the evil of this night and the evil that is to come later.

- This is used for day and night, that a person enters the morning/night with the permission of Allah SWT and asks for His Guidance.

اللَّهُمَّ مَا أَصْبَحَ بِي مِنْ نِعْمَةٍ أَوْ بِأَحَدٍ مِنْ خَلْقِكَ فَمِنْكَ وَحْدَكَ لَا شَرِيكَ لَكَ فَالْحَمْدُ وَلَكَ الشُّكْرُ

O Allah, whatever blessing has been received by me or anyone of Your creation, it is from You alone, You have no partner. All praise is for You alone and all thanks is to You alone.

- Whoever makes this dua in the morning or evening, they have correctly thanked Allah SWT. It is the realization that any blessing is from Allah SWT.

## FAQs

- When you ask for the things that bring Allah's Mercy in your life, what else are you asking for?
- What are the times of day the duas mentioned should be used?
- What does asking for the best of entrances entail?
- What does thulm mean?
- What is the worst form?
- What is the dua to make right as we wake up?
- What are the four meanings "Rabb" entails?

