

أَرْبَعِينَ رَبَّنَا

40 RABBANA

FORTY QUR'ANIC DUAS BEGINNING WITH 'RABBANA'

**INCLUDING THE SIX AAYAAT-E-SAKEENA
(THE VERSES OF TRANQUILITY)**

عالية

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ وَالصَّلَاةُ وَالسَّلَامُ عَلَى حَبِيبِ اللَّهِ، وَرَسُولِ اللَّهِ،
سَيِّدِنَا مُحَمَّدٍ وَعَلَىٰ آلِهِ وَصَحْبِهِ أَجْمَعِينَ

40 RABBANA

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

رَبَّنَا تَقَبَّلْ مِنَّا إِنَّكَ أَنْتَ السَّمِيعُ الْعَلِيمُ

1. Our Lord! Accept from us: For You are the All-Hearing, the All-knowing (2:127)

رَبَّنَا وَاجْعَلْنَا مُسْلِمِينَ لَكَ وَمِنْ ذُرِّيَّتِنَا أُمَّةً مُّسْلِمَةً لَّكَ وَأَرِنَا
مَنَاسِكَنَا وَتُبْ عَلَيْنَا إِنَّكَ أَنْتَ التَّوَّابُ الرَّحِيمُ

2. Our Lord! Make of us Muslims, bowing to Your (will), and of our progeny a people Muslim, bowing to Your (will); and show us our place for the celebration of (due) rites; and turn unto us (in Mercy); for Thou art the Oft-Returning, Most Merciful (2:128)

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

3. Our Lord! Grant us good in this world and good in the hereafter, and save us from the chastisement of the fire (2:201)

رَبَّنَا أفرِغْ عَلَيْنَا صَبْرًا وَثَبِّتْ أَقْدَامَنَا وَانصُرْنَا عَلَى الْقَوْمِ
الْكَافِرِينَ

4. Our Lord! Bestow on us endurance, make our steps firm, and give us help against those who reject faith. (2:250)

رَبَّنَا لَا تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا

5. Our Lord! Condemn us not if we forget or fall into error (2:286)

رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إِصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ مِنْ قَبْلِنَا

6. Our Lord! Lay not on us a burden Like that which You did lay on those before us (2:286)

رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهِ، وَاعْفُ عَنَّا، وَاعْفِرْ لَنَا وَارْحَمْنَا
أَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِينَ

7. Our Lord! Lay not on us a burden greater than we have strength to bear. Blot out our sins, and grant us forgiveness. Have mercy on us. You are our Protector; Help us against those who stand against faith (2:286)

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

8. Our Lord! Let not our hearts deviate now after You have guided us, but grant us mercy from Your own Presence; for You are the Grantor of bounties without measure (3:8)

رَبَّنَا إِنَّكَ جَامِعُ النَّاسِ لِيَوْمٍ لَا رَيْبَ فِيهِ، إِنَّ اللَّهَ لَا يُخْلِفُ
الْمِيعَادَ

9. Our Lord! You are He that will gather mankind together against a day about which there is no doubt; for Allah never fails in His promise. (3:9)

رَبَّنَا إِنَّا أَمْنَا فَاغْفِرْ لَنَا ذُنُوبَنَا وَقِنَا عَذَابَ النَّارِ

10. Our Lord! We have indeed believed: forgive us our sins and save us from the agony of the Fire (3:16)

رَبَّنَا آمَنَّا بِمَا أَنْزَلْتَ وَاتَّبَعْنَا الرَّسُولَ فَاكْتُبْنَا مَعَ الشَّاهِدِينَ

11. Our Lord! We believe in what You have revealed, and we follow the Messenger. Then write us down among those who bear witness (3:53)

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

12. Our Lord! Forgive us our sins and anything We may have done that transgressed our duty: Establish our feet firmly, and help us against those that resist Faith (3:147)

رَبَّنَا مَا خَلَقْتَ هَذَا بَاطِلًا، سُبْحَانَكَ فَقِنَا عَذَابَ النَّارِ

13. Our Lord! Not for nothing Have You created (all) this! Pure are You! Give us salvation from the penalty of the Fire (3:191)

رَبَّنَا إِنَّكَ مَنْ تُدْخِلِ النَّارَ فَقَدْ أَخْزَيْتَهُ وَمَا لِلظَّالِمِينَ مِنْ
أَنْصَارٍ

14. Our Lord! Any whom You do admit to the Fire, Truly You cover with shame, and never will wrong-doers Find any helpers! (3:192)

رَبَّنَا إِنَّا سَمِعْنَا مُنَادِيًا يُنَادِي لِلْإِيمَانِ أَنْ آمِنُوا بِرَبِّكُمْ
فَأْمَنَّا

15. Our Lord! We have heard the call of one calling (Us) to Faith, «Believe you in the Lord,» and we have believed (3:193)

رَبَّنَا فَاعْفُرْ لَنَا ذُنُوبَنَا وَكَفِّرْ عَنَّا سَيِّئَاتِنَا وَتَوَفَّنَا مَعَ الْأَبْرَارِ

16. Our Lord! Forgive us our sins, blot out from us our iniquities, and take to Yourself our souls in the company of the righteous (3:193)

رَبَّنَا وَآتِنَا مَا وَعَدْتَنَا عَلَى رُسُلِكَ وَلَا تُخْزِنَا يَوْمَ الْقِيَامَةِ، إِنَّكَ
لَا تُخْلِفُ الْمِيعَادَ

17. Our Lord! Grant us what You did promise unto us through Your apostles, and save us from shame on the Day of Judgment: For You never break Your promise (3:194)

رَبَّنَا آمَنَّا فَاكْتُبْنَا مَعَ الشَّاهِدِينَ

18. Our Lord! We believe; write us down among the witnesses (5:83)

رَبَّنَا أَنْزِلْ عَلَيْنَا مَائِدَةً مِنَ السَّمَاءِ تَكُونُ لَنَا عِيدًا لِأَوَّلِنَا
وَأَآخِرِنَا وَآيَةً مِنْكَ، وَارْزُقْنَا وَأَنْتَ خَيْرُ الرَّازِقِينَ

19. O Allah our Lord! Send us from heaven a table set (with viands), that there may be for us - for the first and the last of us - a solemn festival and a sign from You; and provide for our sustenance, for You are the best Sustainer (of our needs) (5:114)

رَبَّنَا ظَلَمْنَا أَنفُسَنَا وَإِنْ لَمْ تَغْفِرْ لَنَا وَتَرْحَمْنَا لَنَكُونَنَّ مِنَ
الْخَاسِرِينَ

20. Our Lord! We have wronged our own souls: If You forgive us not and bestow not upon us Your Mercy, we shall certainly be lost (7:23)

رَبَّنَا لَا تَجْعَلْنَا مَعَ الْقَوْمِ الظَّالِمِينَ

21. Our Lord! Send us not to the company of the wrong-doers (7:47)

رَبَّنَا افْتَحْ بَيْنَنَا وَبَيْنَ قَوْمِنَا بِالْحَقِّ وَأَنْتَ خَيْرُ الْفَاتِحِينَ

22. Our Lord! Decide You between us and our people in truth, for You are the best to decide (7:89)

رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْرًا وَتَوْفَقًا مُسْلِمِينَ

23. Our Lord! Pour out on us patience and constancy, and take our souls unto You as Muslims (who bow to Your will) (7:126)

رَبَّنَا لَا تَجْعَلْنَا فِتْنَةً لِّلْقَوْمِ الظَّالِمِينَ ، وَنَجِّنَا بِرَحْمَتِكَ مِنَ الْقَوْمِ
الْكَافِرِينَ

24. Our Lord! Make us not a trial for those who practise oppression; And deliver us by Your Mercy from those who reject (You) (10:85-86)

رَبَّنَا إِنَّكَ تَعْلَمُ مَا نُخْفِي وَمَا نُعْلِنُ ، وَمَا يَخْفَى عَلَى اللَّهِ مِنْ
شَيْءٍ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ

25. O our Lord! Truly You do know what we conceal and what we reveal: for nothing whatever is hidden from Allah, whether on earth or in heaven (14:38)

رَبَّنَا وَتَقَبَّلْ دُعَاءِ

26. O our Lord! And accept my Prayer (14:40)

رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ يَوْمَ يَقُومُ الْحِسَابُ

27. O our Lord! Cover (us) with Your Forgiveness - me, my parents, and (all) Believers on the Day that the Reckoning will be established! (14:41)

رَبَّنَا آتِنَا مِنْ لَدُنْكَ رَحْمَةً وَهَيِّئْ لَنَا مِنْ أَمْرِنَا رَشَدًا

28. Our Lord! Bestow on us Mercy from Yourself, and dispose of our affair for us in the right way! (18:10)

رَبَّنَا إِنَّا نَخَافُ أَنْ يُفْرِطَ عَلَيْنَا أَوْ أَنْ يَطَّغِي

29. Our Lord! We fear lest he hasten with insolence against us, or lest he transgress all bounds (20: 45)

رَبَّنَا آمَنَّا فَاغْفِرْ لَنَا وَارْحَمْنَا وَأَنْتَ خَيْرُ الرَّاحِمِينَ

30. Our Lord! We believe; then do You forgive us, and have mercy upon us: For You are the Best of those who show mercy (23: 109)

رَبَّنَا اصْرِفْ عَنَّا عَذَابَ جَهَنَّمَ، إِنَّ عَذَابَهَا كَانَ غَرَامًا، إِنَّهَا
سَاءَتْ مُسْتَقَرًّا وَمُقَامًا

31. Our Lord! Avert from us the Wrath of Hell, for its Wrath is indeed an affliction grievous,- Evil indeed is it as an abode, and as a place to rest in (25: 65-66)

رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّاتِنَا قُرَّةَ أَعْيُنٍ وَاجْعَلْنَا
لِلْمُتَّقِينَ إِمَامًا

32. O my Lord! Grant unto us wives and offspring who will be the comfort of our eyes, and give us (the grace) to lead the righteous (25:74)

رَبَّنَا لَغَفُورٌ شَكُورٌ

33. Our Lord is indeed Oft-Forgiving Ready to appreciate (service) (35: 34)

رَبَّنَا وَسِعْتَ كُلَّ شَيْءٍ رَّحْمَةً وَعِلْمًا فَاغْفِرْ لِلَّذِينَ تَابُوا وَاتَّبَعُوا
سَبِيلَكَ وَقِهِمْ عَذَابَ الْجَحِيمِ

34. Our Lord! Your Reach is over all things, in Mercy and Knowledge. Forgive, then, those who turn in Repentance, and follow Your Path; and preserve them from the Penalty of the Blazing Fire! (40:7)

رَبَّنَا وَأَدْخِلْهُمْ جَنَّاتِ عَدْنٍ الَّتِي وَعَدْتَهُمْ وَمَنْ صَلَحَ مِنْ آبَائِهِمْ
وَأَزْوَاجِهِمْ وَذُرِّيَّاتِهِمْ، إِنَّكَ أَنْتَ الْعَزِيزُ الْحَكِيمُ ﴿٩﴾ وَقِهِمْ
السَّيِّئَاتِ، وَمَنْ تَقِ السَّيِّئَاتِ يَوْمَئِذٍ فَقَدْ رَحِمْتَهُ، وَذَلِكَ هُوَ
الْفَوْزُ الْعَظِيمُ

35. And grant, our Lord! that they enter the Gardens of Eternity, which You have promised to them, and to the righteous among their fathers, their wives, and their posterity! For You are (He), the Exalted in Might, Full of Wisdom. And preserve them from (all) ills; and any whom You do preserve from ills that Day,- on them will You have bestowed Mercy indeed: and that will be truly (for them) the highest Achievement (40:8-9)

رَبَّنَا اغْفِرْ لَنَا وَلِإِخْوَانِنَا الَّذِينَ سَبَقُونَا بِالْإِيمَانِ وَلَا تَجْعَلْ فِي قُلُوبِنَا
غِلًّا لِلَّذِينَ آمَنُوا

36. Our Lord! Forgive us, and our brethren who came before us into the Faith, and leave not, in our hearts, rancour (or sense of injury) against those who have believed (59:10)

رَبَّنَا إِنَّكَ رُؤُوفٌ رَّحِيمٌ

37. Our Lord! You are indeed Full of Kindness, Most Merciful (59:10)

رَبَّنَا عَلَيْكَ تَوَكَّلْنَا وَإِلَيْكَ أَنَبْنَا وَإِلَيْكَ الْمَصِيرُ

38. Our Lord! In You do we trust, and to You do we turn in repentance: to You is (our) Final Goal (60:4)

رَبَّنَا لَا تَجْعَلْنَا فِتْنَةً لِلَّذِينَ كَفَرُوا وَاعْفِرْ لَنَا رَبَّنَا إِنَّكَ أَنْتَ
الْعَزِيزُ الْحَكِيمُ

39. Our Lord! Make us not a (test and) trial for the Unbelievers, but forgive us, our Lord! for You are the Exalted in Might, the Wise (60:5)

رَبَّنَا أَتْمِمْ لَنَا نُورَنَا وَاعْفِرْ لَنَا إِنَّكَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

40. Our Lord! Perfect our Light for us, and grant us Forgiveness: for You have power over all things (66:8)

سُبْحَانَ رَبِّكَ رَبِّ الْعِزَّةِ عَمَّا يَصِفُونَ ﴿١﴾ وَسَلَامٌ عَلَى الْمُرْسَلِينَ ﴿٢﴾
وَالْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ﴿٣﴾

6 AAYAAT-E-SAKEENA (THE 6 VERSES OF TRANQUILITY)

Recite these Aayaats for peace and tranquility of mind thereafter blow over oneself.

﴿١﴾ وَقَالَ لَهُمْ نَبِيُّهُمْ إِنَّ آيَةَ مُلْكِهِ أَنْ يَأْتِيَكُمُ التَّابُوتُ فِيهِ سَكِينَةٌ مِّن رَّبِّكُمْ وَبَقِيَّةٌ مِّمَّا تَرَكَ آءَالُ مُوسَىٰ وَعَآلُ هَارُونَ تَحْمِلُهُ الْمَلَائِكَةُ، إِنَّ فِي ذَٰلِكَ لَآيَةً لَّكُمْ إِن كُنتُمْ مُؤْمِنِينَ

Their Prophet said to them: “The sign of his kingship is that the Ark shall come to you, carried by the angels, having therein tranquillity from your Lord, and the remains of what the House of Musa and the House of Harun had left. Surely, in it there is a sign for you, if you are believers.” (2: 248)

﴿٢﴾ ثُمَّ أَنْزَلَ اللَّهُ سَكِينَتَهُ عَلَىٰ رَسُولِهِ وَعَلَى الْمُؤْمِنِينَ وَأَنْزَلَ جُنُودًا لَّم تَرَوْهَا وَعَذَّبَ الَّذِينَ كَفَرُوا ۗ وَذَٰلِكَ جَزَاءُ الْكَافِرِينَ

Then Allah sent down His tranquility upon His Messenger and upon the believers, and sent down troops that you did not see, and punished those (9:26) .who disbelieved. That is the recompense of the disbelievers

﴿٣﴾ فَأَنْزَلَ اللَّهُ سَكِينَتَهُ عَلَيْهِ وَأَيَّدَهُ بِجُنُودٍ لَّم تَرَوْهَا وَجَعَلَ كَلِمَةَ الَّذِينَ كَفَرُوا السُّفْلَىٰ ۗ وَكَلِمَةُ اللَّهِ هِيَ الْعُلْيَا ۗ وَاللَّهُ عَزِيزٌ حَكِيمٌ

So, Allah caused His tranquility to descend on him, and supported him with troops that you did not see, and rendered the word of the disbelievers humiliated. And the word of Allah is the uppermost. Allah is Mighty, (40 :9) .Wise

هُوَ الَّذِي أَنْزَلَ السَّكِينَةَ فِي قُلُوبِ الْمُؤْمِنِينَ لِيَزِدُوا إِيمَانًا مَعَ
 إِيمَانِهِمْ ۗ وَلِلَّهِ جُنُودُ السَّمَاوَاتِ وَالْأَرْضِ ۗ وَكَانَ اللَّهُ عَلِيمًا حَكِيمًا

He (Allah) is such that He sent down tranquility into the hearts of the believers, so that they grow more in faith in addition to their (existing) faith. And to Allah belong the forces of the heavens and the earth, and Allah is All-Knowing, All-Wise (48:4)

لَقَدْ رَضِيَ اللَّهُ عَنِ الْمُؤْمِنِينَ إِذْ يُبَايِعُونَكَ تَحْتَ الشَّجَرَةِ فَعَلِمَ
 مَا فِي قُلُوبِهِمْ فَأَنْزَلَ السَّكِينَةَ عَلَيْهِمْ وَأَثَابَهُمْ فَتْحًا قَرِيبًا

Allah was pleased with the believers when they were pledging allegiance with you (by placing their hands in your hands) under the tree, and He knew what was in their hearts, so He sent down tranquility upon them, (48:18) .and rewarded them with a victory, near at hand

إِذْ جَعَلَ الَّذِينَ كَفَرُوا فِي قُلُوبِهِمُ الْحَمِيَّةَ الْحَمِيَّةَ الْجُهْلِيَّةَ
 فَأَنْزَلَ اللَّهُ سَكِينَتَهُ عَلَى رَسُولِهِ ۖ وَعَلَى الْمُؤْمِنِينَ وَأَلْزَمَهُمْ كَلِمَةَ التَّقْوَى
 وَكَانُوا أَحَقَّ بِهَا وَأَهْلَهَا ۗ وَكَانَ اللَّهُ بِكُلِّ شَيْءٍ عَلِيمًا

When the disbelievers developed in their hearts indignation, the indignation of ignorance; then Allah sent down tranquility from Himself upon His Messenger and upon the believers, and made them stick to the word of piety, and they were very much entitled to it and competent for it. And Allah is All-Knowing about every thing. (Fath: 26)

Virtue of the above Aayats: For protection against all kinds of diseases, difficulties and enemies and for removal of debts. Recite the above 6 verses daily at least once. Only the the Arabic needs to be recited.