7 Duas for Little Muslims

Stick it on the fridge and say them together



1 When you feel angry, say:

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

A'udhu billahi minash-shaytanir-rajim
"I seek protection with Allah from Shaytan, the rejected."

Sahih al-Bukhari 6115



2 When you feel worried, say:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ

Allahumma inni a'udhu bika minal-hammi wal-hazan
"O Allah, I seek protection with You from worry and sadness."

Sahih al-Bukhari 6369



3 Hand where it hurts, then say:

بِسْمِ اللَّهِ

Bismillah ×3
"In the name of Allah."

Then 7 times:

أَعُوذُ بِاللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأُحَاذِرُ

A'udhu billahi wa qudratihi min sharri ma ajidu wa uhadhir (Sahih Muslim 2202)

Sahih Muslim 2202



4 When someone gives you something:

جَزَاكَ اللَّهُ خَيْرًا

JazakAllahu khayran
"May Allah reward you with goodness."

Jami' at-Tirmidhi 2035



5 When you visit someone sick:

لَا بَأْسَ، طَهُورٌ إِنْ شَاءَ اللَّهُ

La ba'sa, tahurun in sha Allah
"Don't worry. It is a cleansing, if Allah wills."

Sahih al-Bukhari 5656



6 When you walk into the masjid:

اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

Allahumma-ftah li abwaba rahmatik
"O Allah, open for me the doors of Your mercy."

Sahih Muslim 713



7 Say this over your children:

أُعِيذُكُمَا بِكَلِمَاتِ اللَّهِ التَّامَّةِ،
مِنْ كُلِّ شَيْطَانٍ وَهَامَّةٍ، وَمِنْ كُلِّ عَيْنٍ لَامَّةٍ

U'idhukuma bi kalimatillahit-tammah, min kulli shaytanin wa hammah, wa min kulli 'aynin lammah
"I seek protection for you both in the perfect words of Allah, from every devil, every harmful creature and every evil eye."

Sahih al-Bukhari 3371