5 Duas for Mothers

for the hard moments, from the Qur'an



1 WHEN YOU FEEL OVERWHELMED

قَالَ رَبِّ اشْرَحْ لِي صَدْرِي وَيَسِّرْ لِي أَمْرِي

Qala Rabbish-rah li sadri, wa yassir li amri

He said: My Lord, open my heart for me, and make my task easy for me.

Qur'an 20:25-26 · the dua of Musa (AS)



2 WHEN YOUR CHILD IS SICK

أَنِّي مَسَّنِيَ الضُّرُّ وَأَنتَ أَرْحَمُ الرَّاحِمِينَ

Anni massaniyad-durru wa anta arhamur-rahimin

Harm has touched me, and You are the Most Merciful of all who show mercy.

Qur'an 21:83 · the dua of Ayyub (AS)



3 WHEN YOUR PATIENCE RUNS OUT

رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْرًا وَتَوَفَّنَا مُسْلِمِينَ

Rabbana afrigh 'alayna sabran wa tawaffana muslimin

Our Lord, pour patience upon us, and let us die as Muslims.

Qur'an 7:126



4 FOR YOUR CHILD'S FUTURE

رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي رَبَّنَا وَتَقَبَّلْ دُعَاءِ

Rabbij-'alni muqimas-salati wa min dhurriyyati, Rabbana wa taqabbal du'a

My Lord, make me keep up the prayer, and my children too. Our Lord, accept my dua.

Qur'an 14:40 · the dua of Ibrahim (AS)



5 WHEN YOU FEEL WORRIED

حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ

Hasbunallahu wa ni'mal wakil

Allah is enough for us, and He is the best One to trust.

Qur'an 3:173

Keep it on the fridge or by your prayer mat.