



Du'a for my Heart



FROM THE BOOK
HEART THERAPY: FORTY HADITHS IN
TAZKIYAH AND SOUL PURIFICATION
DR. ALI ALBARGHOUTH



bit.ly/hearttherapy2



Bring tranquility
to your heart



يَا مُقَلَّبَ الْقُلُوبِ ثَبِّتْ قَلْبِي عَلَى دِينِكَ

“O Turner of the hearts,
make my heart firm upon your religion.”

Source: Sahih al-Tirmidhi, 3522

اللَّهُمَّ مُصَرِّفَ الْقُلُوبِ صَرِّفْ قُلُوبَنَا عَلَى طَاعَتِكَ

“O Allah the Controller of the hearts,
turn our hearts to your obedience.”

Source: Muslim, 2654



Pray for steadfastness



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

“Our Lord, let not our hearts deviate after
You have guided us and grant us from
Yourself mercy.
Indeed, You are the Bestower.”

Al-Imran:8



Pray for Purification



اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ فِتْنَةِ النَّارِ وَعَذَابِ النَّارِ وَفِتْنَةِ الْقَبْرِ

وَعَذَابِ الْقَبْرِ وَشَرِّ فِتْنَةِ الْغِنَى وَشَرِّ فِتْنَةِ الْفَقْرِ

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ شَرِّ فِتْنَةِ الْمَسِيحِ الدَّجَالِ

اللَّهُمَّ اغْسِلْ قَلْبِي بِمَاءِ التَّلْجِ وَالْبَرَدِ وَنُقِّ قَلْبِي مِنَ الْخَطَايَا

كَمَا نَقَيْتَ التَّوْبَ الْأَبْيَضَ مِنَ الدَّنَسِ وَبَاعِدْ بَيْنِي وَبَيْنَ خَطَايَايَ

كَمَا بَاعَدْتَ بَيْنَ الْمَشْرِقِ وَالْمَغْرِبِ

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْكَسَلِ وَالْمَأْتَمِ وَالْمَغْرَمِ

“O Allah, I seek refuge in You from the trial of the Hellfire, from the torment of Hellfire, from the trial of the grave, from the torment of the grave, from the evil of the trial of affluence, and from the evil of the trial of poverty.

O Allah, I seek refuge in You from the evil of the turmoil of al-Dajjal.

O Allah, wash my heart with snow and hail water, purify my heart from sins as the white garment is purified from dirt, and put a distance between me and my sins like the distance You’ve put between East and West.

O Allah, I seek refuge in You from sloth, sin and debt.”

Sources: Al-Bukhari, 6377 and Muslim, 589



Seek refuge from poverty

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْكُفْرِ وَالْفَقْرِ
اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ الْقَبْرِ

O Allah, I seek Your refuge
from kufr and poverty,
and I seek Your refuge
from the punishment of the grave.

Source: Sahih al-Nasa'i, 1346



Pray to protect your heart

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ شَرِّ سَمْعِي
وَمِنْ شَرِّ بَصَرِي وَمِنْ شَرِّ لِسَانِي
وَمِنْ شَرِّ قَلْبِي وَمِنْ شَرِّ مَنِيَّ

“O Allah, I seek your refuge from the evil of my hearing, the evil of my sight, from the evil of my tongue, the evil of my heart, and the evil of my private parts.”

Source: Abu Dawud, 1551 and al-Tirmidhi, 3492



A reverent heart & a satisfied soul



اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْعَجْزِ وَالْكَسَلِ

وَالْجُبْنِ وَالْبُخْلِ وَالْهَرَمِ وَعَذَابِ الْقَبْرِ

اللَّهُمَّ آتِ نَفْسِي تَقْوَاهَا وَزَكَّهَا

أَنْتَ خَيْرُ مَنْ زَكَّاهَا أَنْتَ وَلِيِّهَا وَمَوْلَاهَا

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عِلْمٍ لَا يَنْفَعُ وَمِنْ قَلْبٍ لَا يَخْشَعُ

وَمِنْ نَفْسٍ لَا تَشْبَعُ وَمِنْ دَعْوَةٍ لَا يُسْتَجَابُ لَهَا

“O Allah, I seek refuge in You from inability, laziness, cowardice, miserliness, decrepitude, and the torment of the grave.

O Allah, grant my soul its piety and purify it as You are the Best to purify it.

You are its Supporter and its Master.

O Allah, I seek refuge in You from non-beneficial knowledge, from an irreverent heart, from a dissatisfied soul, and from a du'a that goes unanswered.”

Source: Muslim, 2722





Seeking refuge from dryness of the eye

أَعُوذُ بِكَ مِنْ عَيْنٍ لَا تَدْمَعُ
وَنَفْسٍ لَا تَشْبَعُ
وَقَلْبٍ لَا يَخْشَعُ

"I seek Your refuge from an eye that doesn't cry,
a dissatisfied soul, and an irreverent heart."

Source: Fath al-Bari (vol.11, p.139)



Renew your iman

اللَّهُمَّ جَدِّدِ الْإِيْمَانَ فِي قُلُوبِنَا

“O Allah, renew the iman in our heart.”

Source: al-Silsilah al-Sahihah, 1585

Change your body & heart



رَبِّ أَعْنِي وَلَا تُعِنِّ عَلَيَّ وَأَنْصُرْنِي وَلَا تَنْصُرْ عَلَيَّ وَامْكُرْ لِي
وَلَا تَمْكُرْ عَلَيَّ وَاهْدِنِي وَيَسِّرْ الْهُدَى لِي وَأَنْصُرْنِي عَلَى مَنْ بَغَى عَلَيَّ
رَبِّ اجْعَلْنِي لَكَ شَكَارًا لَكَ ذَكَارًا لَكَ رَهَابًا مِطْوَاعًا إِلَيْكَ مُخْبِتًا لَكَ
أَوَاهًا مُنِيبًا رَبِّ تَقَبَّلْ تَوْبَتِي وَاعْسِلْ حَوْبَتِي وَثَبِّتْ حُجَّتِي وَاهْدِ قَلْبِي
وَسَدِّدْ لِسَانِي وَاسْلُنْ سَخِيمَةَ قَلْبِي

“My Rabb, aid me and do not aid against me,
grant me victory and do not grant victory over me,
plot for me and do not plot against me,
guide me and facilitate guidance for me,
grant me victory over those who transgress against me.
My Rabb, make me to You ever-grateful, of You ever-remembering,
to You ever-fearful and ever-obedient, to You ever-humble,
to You oft-regretful and returning.
My Rabb, accept my repentance, wash my sin away,
confirm my proof, guide my heart, straighten my tongue
and remove the blackness of my heart.”



Pray to Allah for help
in our obedience & worship

اللَّهُمَّ أَعِنِّي عَلَى ذِكْرِكَ
وَشُكْرِكَ وَحُسْنِ عِبَادَتِكَ

“O Allah, help me to remember You,
to thank You, and to worship you well.”

Source: Sahih Abi Dawud, 1522

Seeking forgiveness

اللَّهُمَّ اغْفِرْ لِي خَطِيئَتِي وَجَهْلِي وَإِسْرَافِي فِي أَمْرِي وَمَا
أَنْتَ أَعْلَمُ بِهِ مِنِّي اللَّهُمَّ اغْفِرْ لِي جِدِّي وَهَزْلِي وَخَطِيئِي
وَعَمْدِي وَكُلَّ ذَلِكَ عِنْدِي اللَّهُمَّ اغْفِرْ لِي مَا قَدَّمْتُ وَمَا
أَخَّرْتُ وَمَا أَسْرَرْتُ وَمَا أَعْلَنْتُ وَمَا أَنْتَ أَعْلَمُ بِهِ مِنِّي
أَنْتَ الْمُقَدِّمُ وَأَنْتَ الْمُؤَخِّرُ وَأَنْتَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

“O Allah, forgive my sins, what I did out of my ignorance, my transgression in my affairs, and what You know better than I do. O Allah, forgive my serious and frivolous errors, whether mistakenly or deliberately, for all of that is within me. O Allah, forgive me for what I have done and what I will do, privately and publicly, for You know better than me. You are the First, You are the Last, and You have power over all things.”

Source: Al-Bukhari, 6399

Remove your sorrows & worry

اللَّهُمَّ إِنِّي عَبْدُكَ وَإِبْنُ عَبْدِكَ وَإِبْنُ أُمَّتِكَ نَاصِبِي بِيَدِكَ مَاضٍ فِيَّ
حُكْمُكَ عَدْلٌ فِيَّ قَضَاؤُكَ أَسْأَلُكَ بِكُلِّ اسْمٍ هُوَ لَكَ سَمَّيْتَ بِهِ
نَفْسَكَ أَوْ أَنْزَلْتَهُ فِي كِتَابِكَ أَوْ عَلَّمْتَهُ أَحَدًا مِنْ خَلْقِكَ أَوْ اسْتَأْذَنْتَ
بِهِ فِي عِلْمِ الْغَيْبِ عِنْدَكَ أَنْ تَجْعَلَ الْقُرْآنَ رَبِيعَ قَلْبِي وَنُورَ صَدْرِي
وَجَلَاءَ حُزْنِي وَذَهَابَ هَمِّي

"O Allah, I am Your slave, son of Your slave, son of your female slave; my forelock is in Your Hand, Your command over me passes and Your decree over me is just. I ask You by every name belonging to You with which You have named Yourself - whether You revealed in Your Book, taught to any of Your creation, or preserved in the knowledge of the Unseen with You - that you make the Quran the spring of my heart, the light of my chest, a departure for my sorrow and a release from my anxiety."

Source: Ahmad, 3712 and Al-Silsilah al-Sahihah, 199



Come back to your heart

رَبِّ اغْفِرْ لِي وَتُبْ عَلَيَّ

إِنَّكَ أَنْتَ التَّوَّابُ الرَّحِيمُ

“O my Rabb, forgive me and accept my repentance for You are the Oft-Acceptor of repentance, the Most Merciful.” (100x)

Source: Sahih Abi Dawud, 1516

رَبِّ اغْفِرْ لِي وَتُبْ عَلَيَّ

إِنَّكَ أَنْتَ التَّوَّابُ الْغَفُورُ

“O my Rabb, forgive me and accept my repentance for You are the Oft-Acceptor of repentance, the Most Forgiving.” (100x)

Source: Sahih Al-Tirmidhi, 3434





Take zina out of your heart

اللَّهُمَّ اغْفِرْ ذَنْبِي

وَطَهِّرْ قَلْبِي

وَحَصِّنْ فَرْجِي

“O Allah forgive my sin,
purify my heart and
make me chaste.”

Source: Ahmad, 22211 and al-Tabarani, 7679



Seek refuge from
the trials of this world

كَانَ رَسُولُ اللَّهِ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ
يَتَعَوَّذُ مِنَ الشُّحِّ وَالْجُبْنِ وَفِتْنَةِ الصَّدْرِ وَعَذَابِ الْقَبْرِ

The Messenger of Allah ﷺ used to seek Allah's protection from 'shuh' (stinginess), cowardice, the fitnah of the chest, and the punishment of the grave.

Source: al-Nasai, 5497



Seek refuge from Division of the heart

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ تَفْرِقَةِ الْقَلْبِ

“O Allah, I seek Your refuge
from the division of the heart”

The du'a of the companion, Abu al-Darda' رضي الله عنه
Source: Sifat al-Safwah (Vol. I, p.24)