



DISCIPLINE WITHOUT DAMAGE SERIES

---

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

*Bismillah ir-Rahman ir-Raheem*

*Dua Collection for*

# Muslim Parents

*Supplications from the Quran and Authentic Sunnah*

---

*“The most powerful thing a parent can do for their child happens in sujud.”*

**NUR AL-QALAM DAR**

*Raising the next generation with wisdom, mercy, and the knowledge of the classical scholars.*

---

Every prophet in the Quran made dua for their children. Ibrahim (peace be upon him) asked Allah to make him and his descendants establishers of prayer. Zakariya (peace be upon him) called out to his Lord in private, desperate for a righteous heir. Nuh (peace be upon him) called to Allah regarding his son.

This is the prophetic pattern. Not just effort and method. Turning to the One who holds every heart.

This collection is for the Muslim parent who has tried everything and knows that ultimately, hidayah belongs to Allah alone. Use these duas after your salah, in your sujud, in tahajjud, and especially in the moments when you feel closest to losing hope.

***Your method is your responsibility. The outcome belongs to Allah.***

## SECTION 1 — DUAS FOR RIGHTEOUS CHILDREN

### Dua 1 The Dua of Ibrahim (peace be upon him)

رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي رَبَّنَا وَتَقَبَّلْ دُعَاءِ

*Rabbi aj'alni muqeema as-salati wa min dhurriyyati, Rabbana wa taqabbal du'a*

"My Lord, make me an establisher of prayer, and my descendants. Our Lord, and accept my supplication."

— Surah Ibrahim 14:40

**WHEN TO USE:** When you're worried about your child's relationship with salah. When they're resisting prayer. When you fear they'll abandon it when they leave your home.

**WHY IT WORKS:** Ibrahim (peace be upon him) didn't just ask for himself. He included his descendants by name. He made this dua in the middle of a life filled with trial and separation. The dua doesn't require perfect circumstances. It requires a turned heart.

### Dua 2 The Dua for Righteous Offspring

رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّاتِنَا فُرَّةَ أَعْيُنٍ وَاجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا

*Rabbana hab lana min azwajina wa dhurriyyatina qurrata a'yunin waj'alna lil muttaqeena imaama*

"Our Lord, grant us from among our wives and offspring comfort to our eyes and make us a leader for the righteous."

— Surah Al-Furqan 25:74

**WHEN TO USE:** As a daily dua for your entire family. When you want your child to be not just obedient but genuinely righteous and a source of joy.

**WHY IT WORKS:** Qurrata a'yun — comfort to our eyes — describes a child who brings genuine peace and pride to their parent's heart, not just surface compliance. This is the dua for the child you're trying to raise.

### Dua 3 The Dua of Zakariya (peace be upon him)

رَبِّ هَبْ لِي مِنْ لَدُنْكَ ذُرِّيَّةً طَيِّبَةً يَا نَكَّ سَمِيعُ الدُّعَاءِ

*Rabbi hab li min ladunka dhurriyyatan tayyibah, innaka sami'ud du'a*

*"My Lord, grant me from Yourself a good offspring. Indeed, You are the Hearer of supplication."*

— Surah Ali 'Imran 3:38

**WHEN TO USE:** When you feel desperate. When you've tried everything and nothing is working. When you need to be reminded that Allah hears even the quietest, most private call.

**WHY IT WORKS:** Zakariya (peace be upon him) made this dua when he was old and his wife was barren. He asked anyway. Innaka sami'ud du'a — You ARE listening. Make this dua with that certainty.

#### Dua 4 For a Child's Guidance and Righteousness

اللَّهُمَّ اهْدِ وَلَدِي وَأَصْلِحْهُ وَاجْعَلْهُ مِنَ الصَّالِحِينَ

*Allahumma ahdi waladi wa aslihhu waj' alhu minas saaliheen*

*"O Allah, guide my child, rectify them, and make them among the righteous."*

**WHEN TO USE:** Daily. After every salah. This is your standing request — short, direct, and complete.

#### Dua 5 For a Child Who Has Drifted

اللَّهُمَّ أَصْلِحْ لِي وَلَدِي وَارْزُدْهُ إِلَيْكَ رَدًّا جَمِيلًا

*Allahumma aslih li waladi wardudhu ilayka raddan jameela*

*"O Allah, rectify my child for me and return them to You in a beautiful way."*

**WHEN TO USE:** When your teenager has pulled away from the deen. When they've stopped praying. When the relationship feels broken and you don't know how to reach them anymore.

**WHY IT WORKS:** Raddan jameela — a beautiful return — means you're not asking Allah to drag them back by force. You're asking for a return that's gentle, willing, and lasting. This is the dua of a parent who understands that hidayah cannot be forced.

## SECTION 2 — DUAS FOR PATIENCE IN PARENTING

#### Dua 6 For Patience When You Are Losing It

رَبِّ اشْرَحْ لِي صَدْرِي وَيَسِّرْ لِي أَمْرِي

*Rabbi ishrah li sadri wa yassir li amri*

*"My Lord, expand for me my chest and ease for me my task."*

— Surah Ta-Ha 20:25-26

**WHEN TO USE:** Right before a difficult conversation with your child. When you feel anger rising and you need to speak but your heart is tight. When parenting feels like too much today.

**WHY IT WORKS:** This was Musa's (peace be upon him) dua before facing Pharaoh. If it was sufficient preparation for that, it's sufficient preparation for a conversation with a difficult teenager.

### Dua 7 For Wisdom in Parenting

رَبِّ زِدْنِي عِلْمًا

*Rabbi zidni 'ilma*

"My Lord, increase me in knowledge."

— Surah Ta-Ha 20:114

**WHEN TO USE:** When you don't know what to do next. When you've tried everything and need new understanding. When you want to parent with wisdom rather than just reaction.

### Dua 8 When You Feel Like You Have Failed

يَا مُقَلِّبَ الْقُلُوبِ ثَبِّتْ قَلْبِي عَلَى دِينِكَ

*Ya Muqallibal quloob thabbit qalbi 'ala deenik*

"O Turner of hearts, make my heart firm upon Your religion."

— Reported in Sunan At-Tirmidhi

**WHEN TO USE:** When you feel spiritually depleted from the struggle. When you're questioning yourself as a parent and as a Muslim. When you need Allah to hold your own heart steady before you can hold your child's.

**WHY IT WORKS:** You can't give what you don't have. Before asking Allah to fix your child's heart, ask Him to keep yours firm. This dua keeps you grounded when parenting has worn you down.

## SECTION 3 — DUAS FOR SPECIFIC PARENTING MOMENTS

### Dua 9 Before the Fajr Wake-Up

Say this quietly before you knock on your child's door

اللَّهُمَّ أَعِنِّي عَلَى ذِكْرِكَ وَشُكْرِكَ وَحُسْنِ عِبَادَتِكَ

*Allahumma a'inni 'ala dhikrika wa shukrika wa husni 'ibadatik*

"O Allah, help me to remember You, to be grateful to You, and to worship You in an excellent manner."

You're not just waking your child. You're inviting them into an act of worship. Ask Allah to help you do it with the right energy — calm, warm, and purposeful — before you even open their door. — Sunan Abi Dawud

### Dua 10 After a Difficult Parenting Moment

Say this after a battle, an argument, or a moment you wish you'd handled differently

اللَّهُمَّ اغْفِرْ لِي وَتُبْ عَلَيَّ إِنَّكَ أَنْتَ التَّوَّابُ الْغَفُورُ

*Allahumma aghfir li wa tub 'alayya innaka antat tawwabul ghafoor*

*"O Allah, forgive me and accept my repentance. Indeed You are the Ever-Accepting of repentance, the Most Forgiving."*

After you shouted. After you said something you regret. After you lost your patience in a way that damaged the moment. This dua does two things: it asks Allah for forgiveness and it resets your heart so you can go back to your child with softness rather than shame.

## SECTION 4 — A DAILY DUA ROUTINE FOR MUSLIM PARENTS

This simple routine takes less than five minutes and can be done after any salah. While still on the prayer mat, say:

1

#### **Ibrahim's Dua (Dua 1) — for your child's establishment of prayer**

Begins every session with the same dua a prophet made for his descendants.

2

#### **Daily Guidance Dua (Dua 4) — your standing daily request**

Short, direct, complete. Your non-negotiable.

3

#### **Say your child's name out loud before Allah**

Mention one specific thing you're worried about or asking for them today. Not a formula. Just honest words from a parent's heart.

4

#### **Close with Dua 8 (Ya Muqallibal quloob)**

To keep your own heart firm through the struggle. You can't give from empty.





