

'In the name of Allah,  
the most gracious, the most merciful.'



**BENEFIT MANKIND**  
Registered Charity No. 1187849

# 40 RABBANAA

Forty Rabbanaa with translation and  
transliteration.

(A collection of Quranic supplications)

# *Introduction*

Many times we face hardship in life and the last thing we turn to is Dua (supplication). Allah the Almighty says: 'Call Me, I will respond to you.' This is the promise of Allah SWT and this verse is sufficient conveying the importance to supplicate and to remember that our supplications will be answered.

Allah SWT also says:

'When My servants ask you about Me, [O Muhammad] then (tell them that) I am near. I respond to the call of one when he prays to Me; so they should respond to Me, and have faith in Me, so that they may be on the right path.'

Also finally:

'Who is it that responds to a helpless person when he prays to Him and removes distress, and who makes you vicegerents of the earth? Is there any god along with Allah?  
No, but little you heed to advice.'

These are verses after verses ordering and reminding the believers to turn to Allah SWT, to remember Allah SWT and to flee to Allah SWT.

The power of raising one's hands and sincerely calling to our Lord is the greatest blessings Muslims have received till today.

So let us take heed and not underestimate the power of Dua.

May Allah SWT grant us all the ability to turn to Him before we return to Him - Aameen.

Remember us in your Duas.

*Benefit Mankind*

1.

رَبَّنَا تَقَبَّلْ مِنَّا ۖ إِنَّكَ أَنْتَ السَّمِيعُ الْعَلِيمُ

Rabbanaa taqabbal minnaa, innaka antas Samee'ul  
'Aleem

Our Lord accept from us! Indeed, You - and You alone - are  
the All-Hearing, the All-Knowing [2:127]

2.

رَبَّنَا وَاجْعَلْنَا مُسْلِمَيْنِ لَكَ وَمِنْ ذُرِّيَّتِنَا أُمَّةً  
مُسْلِمَةً لَكَ ۗ وَارِنَا مَنَاسِكَنَا وَتُبْ عَلَيْنَا ۗ إِنَّكَ  
أَنْتَ التَّوَّابُ الرَّحِيمُ

Rabbanaa waj'alnaa muslimayni laka wa min  
'zurriyyatinaaa ummatam muslimatal lak, wa arinaa  
manaasikanaa wa tub 'alainaa, innaka antat Tawwaabur  
Raheem

Our Lord, make us both submissive to You, and of our  
progeny a people submissive to You. And show us our ways  
of Pilgrimage and accept our repentance. Indeed, You - and  
You alone - are the Most-Relenting, the Very-Merciful [2:128]

3.

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا  
عَذَابَ النَّارِ

**Rabbanaaa aatinaa fid dunyaa hasanataw wa fil aakhirati  
hasanataw wa qinaa 'a'zaaban naar**

Our Lord, give us good in this world and good in the Hereafter  
and save us from the punishment of Fire [2:201]

4.

رَبَّنَا أفرغْ عَلَيْنَا صَبْرًا وَثَبِّتْ أَقْدَامَنَا وَانصُرْنَا  
عَلَى الْقَوْمِ الْكَافِرِينَ

**Rabbanaaa afrigh 'alainaa sabraw wa thabbit aqdaamanaa  
wansurnaa 'alal qawmil kaafireen**

Our Lord, pour out patience on us, make firm our feet and help  
us against the disbelieving people [2:250]

5.

رَبَّنَا لَا تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا

**Rabbanaa laa tuaakhi'znaaa in naseenaaa aw akh'ta'naa**

Our Lord, do not hold us accountable, if we forget or make a mistake [2:286]

6.

رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إِصْرًا كَمَا حَمَلْتَهُ عَلَى الَّذِينَ  
مِنْ قَبْلِنَا

**Rabbanaa wa laa tahmil 'alainaaa isran kamaa  
hamaltahoo 'alalla'zeena min qablinaa**

Our Lord, do not place on us a burden such as You have placed on those before us [2:286]

7.

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

Rabbanaa wa laa tuhammilnaa maa laa 'taaqata lanaa bih,  
wa'afu 'annaa, waghfir lanaa, warhamnaa, anta  
mawlaanaa fansurnaa 'alal qawmil kaafireen

Our Lord, do not make us bear that for which we have no strength. And pardon us. And grant us forgiveness. And have mercy on us. You are our Lord. Help us, then, against the disbelieving people [2:286]

8.

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

Rabbanaa laa tuzigh quloobanaa ba'ada iz hadaytanaa wa  
hab lanaa mil ladunka rahmah, innaka antal Wahhaab

Our Lord, do not let our hearts go crooked after You have given us guidance, and bestow upon us mercy from Your own. Surely, You, and You alone, are the Bestower [3:8]

9.

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

**Rabbanaaa innaka jaami'un naasi liyawmil laa rayba feeh,  
innallaha la yukhliful mee'aad**

Our Lord, You are going to assemble all the people on a day  
in which there is no doubt. Verily, Allah does not go back on  
His promise [3:9]

10.

رَبَّنَا إِنَّا أَمْنَا فَاغْفِرْ لَنَا ذُنُوبَنَا وَقِنَا عَذَابَ النَّارِ

**Rabbanaaa innanaaa aamannaa faghfir lanaa  
'zunoobanaa wa qinaa 'azaaban naar**

Our Lord, surely we have believed, so forgive us our sins and  
save us from the punishment of the Fire [3:16]

11.

رَبَّنَا آمَنَّا بِمَا أَنْزَلْتَ وَتَّبَعْنَا الرَّسُولَ فَاكْتُبْنَا مَعَ  
الشُّهَدَاءِ

**Rabbanaaa aamannaa bimaaa anzalta watab'anar  
Rasoola faktubnaa ma'ash shaahideen**

Our Lord, we have believed in what You have revealed, and we have followed the messenger. So, write us down with those who bear witness [3:53]

12.

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

**Rabbanagh fir lanaa 'zunoobanaa wa israafanaa fee  
amrinaa wa thabbit aqdaamanaa wansurnaa 'alal qawmil  
kaafireen**

Our Lord, forgive us our sins and our excesses in our conduct, make firm our feet and help us against the disbelieving people [3:147]



13.

رَبَّنَا مَا خَلَقْتَ هَذَا بَاطِلًا ۖ سُبْحَانَكَ فَقِنَا عَذَابَ  
النَّارِ

**Rabbanaa maa khalaqta haa'zaa baatilaa, subhaanaka  
faqinaa 'azaaban naar**

Our Lord, You have not created all this in vain. We proclaim  
Your purity. So, save us from the punishment of Fire [3:191]

14.

رَبَّنَا إِنَّكَ مَنْ تُدْخِلِ النَّارَ فَقَدْ أَخْزَيْتَهُ ۗ وَمَا  
لِلظَّالِمِينَ مِنْ أَنْصَارٍ

**Rabbanaaa innaka man tudkhilin naara faqad akhzaytah,  
wa maa lizzhaalimeena min ansaar**

Our Lord, whomsoever You admit into the Fire, You have  
disgraced him indeed. And for the unjust there are no  
supporters [3:192]

15.

رَبَّنَا إِنَّا سَمِعْنَا مُنَادِيًا يُنَادِي لِلْإِيمَانِ أَنْ آمِنُوا  
بِرَبِّكُمْ فَآمَنَّا

**Rabbanaaa innanaa sam'inaa munaadiyay yunaadee lil  
eemaani an aaminoo bi Rabbikum fa aamannaa**

Our Lord, We heard a herald calling towards Faith: 'Believe in  
your Lord.' And We believed [3:193]

16.

رَبَّنَا فَارْحَمْنَا لَنَا ذُنُوبَنَا وَكَفِّرْ عَنَّا سَيِّئَاتِنَا وَتَوَفَّنَا  
مَعَ الْأَبْرَارِ

**Rabbanaa faghfir lanaa 'zunoobanaa wa kaffir 'annaa  
sayyi aatinaa wa tawaffanaa ma'al abraar**

Our Lord, forgive us, then, our sins, and write off our evil  
deeds, and take us unto You with the righteous [3:193]

17.

رَبَّنَا وَآتِنَا مَا وَعَدْتَنَا عَلَىٰ رُسُلِكَ وَلَا تُخْزِنَا يَوْمَ  
الْقِيَامَةِ ۗ إِنَّكَ لَا تُخْلِفُ الْوَعْدَ

**Rabbanaa wa aatinaa ma wa'adtanaa 'alaa Rosolika wa laa  
tukhzinaa yawmal qiyaamah, innaka laa tukhliful mee'aad**

Our Lord, give us what You have promised us through Your messengers, and do not put us to disgrace on the Day of Doom. Surely you do not go back on Your promise [3:194]

18.

رَبَّنَا آمَنَّا فَاكْتُبْنَا مَعَ الشَّاهِدِينَ

**Rabbanaaa aamanaa faktubnaa ma'ash-shaahideen**

Our Lord, we have come to believe. So, write us down along with those who bear witness [5:83]

19.

رَبَّنَا أَنْزِلْ عَلَيْنَا مَائِدَةً مِنَ السَّمَاءِ تَكُونُ لَنَا  
عَيْدًا لِأَوَّلِنَا وَآخِرِنَا وَآيَةً مِنْكَ ۗ وَارْزُقْنَا وَأَنْتَ  
خَيْرُ الرَّازِقِينَ

Rabbanaaa anzil 'alainaa maaaaidatam minas samaaaai  
takoonu lanaa 'eedal liawwalinaa wa aakhirnaa wa  
aayatam mink, warzuqnaa wa anta khayrur raaziqeen

Our Lord, send down to us spread from heaven which may be  
a happy occasion for us for all our generations present and  
future, and a sign from you, and give us provisions. And You  
are the best Giver of provisions [5:114]

20.

رَبَّنَا ظَلَمْنَا أَنْفُسَنَا ۖ وَإِنْ لَمْ تَغْفِرْ لَنَا وَتَرْحَمْنَا  
لَنَكُونَنَّ مِنَ الْخَاسِرِينَ

Rabbanaa zhalamnaaa anfusanaa wa il lam taghfir lanaa  
wa tarhamnaa lanakoonanna minal khaasireen

Our Lord, we have wronged ourselves, and if You do not  
forgive us and do not bless us with mercy, we shall, indeed,  
be among the losers [7:23]

21.

رَبَّنَا لَا تَجْعَلْنَا مَعَ الْقَوْمِ الظَّالِمِينَ

**Rabbanaa la taj'alnaa ma'al qawwmiz zhaalimeen**

Our Lord, do not put us in the company of the unjust people  
[7:47]

22.

رَبَّنَا افْتَحْ بَيْنَنَا وَبَيْنَ قَوْمِنَا بِالْحَقِّ وَأَنْتَ خَيْرُ  
الْفَاتِحِينَ

**Rabbanaftah baynanaa wa bayna qawminaa bil haqqi wa  
anta khairul faatiheen**

Our Lord, decide between us and our people, with truth, and  
You are the best of all judges [7:89]

23.

رَبَّنَا أفرغْ عَلَيْنَا صَبْرًا وَتَوَفَّنَا مُسْلِمِينَ

**Rabbanaaa afrigh 'alainaa sabraw wa tawaffanaa  
muslimeen**

Our Lord, pour out patience upon us and let the death take us  
while we are Muslims (the faithful) [7:126]

24.

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

**Rabbanaa la taj'alnaa fitnatal lilqawmizh zhaalimeen. Wa  
najjinaa birahmatika minal qawmil kaafireen**

Our Lord, do not make us a victim of the unjust people, and  
save us, through Your mercy, from the disbelieving people  
[10:85-86]

25.

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

**Rabbanaaa innaka t'alamu maa nukhfee wa maa n'ulin, wa  
maa yakhfaa 'alal laahi min shay'in fil ardhi wa laa fis  
samaaaa'**

Our Lord, surely You know what we conceal and what we  
reveal. And hidden from Allah is nothing whatsoever, neither  
in the earth nor in the heavens [14:38]

26.

رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي <sup>ط</sup> رَبَّنَا  
وَتَقَبَّلْ دُعَاءِ

**Rabbij 'alnee muqeemas salaati wa min 'zurriyatee,  
Rabbanaa wa taqabbal du'aaaa'**

My Lord, make me steadfast in Salah, and from among my children as well. And, Our Lord, grant my prayer [14:40]

27.

رَبَّنَا اغْفِرْ لِي وَلِوَالِدَيَّ وَلِلْمُؤْمِنِينَ يَوْمَ يَقُومُ  
الْحِسَابُ

**Rabbanagh fir lee wa liwaalidayya wa lilmu'mineena  
yawma yaqoomul hisaab**

Our Lord, forgive me and my parents and all believers on the day when reckoning shall take place [14:41]

28.

رَبَّنَا آتِنَا مِنْ لَدُنْكَ رَحْمَةً وَهَيِّئْ لَنَا مِنْ أَمْرِنَا

رَشْدًا

**Rabbanaaaa aatinaa milladunka rahmataw wa hayyi' lanaa  
min amrinaa rashadaa**

Our Lord, bless us with mercy from Your own and provide us  
with guidance in our matters [18:10]

29.

رَبَّنَا إِنَّا نَخَافُ أَنْ يُفْرِطَ عَلَيْنَا أَوْ أَنْ يَطَّغِي

**Rabbanaaaa innanaa nakhaafo ay yafruta 'alaynaa aw ay  
yatghaa**

Our Lord, we are afraid he will hasten to commit excess  
against us, or will cross all bounds [20:45]

30.

رَبَّنَا أَمَّا فَاغْفِرْ لَنَا وَارْحَمْنَا وَأَنْتَ خَيْرُ الرَّحِيمِينَ

**Rabbanaaaa aamannaa faghfir lanaa warhamnaa wa anta  
khairur raahimeen**

Our Lord, we adhere to the (true) faith, so forgive us and have  
mercy upon us, and you are the best of all the merciful  
[23:109]



31.

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

Rabbanasrif 'annaa 'a'zaaba jahannam, inna 'a'zaabahaa  
kaana gharaamaa. Innahaa saaaa-at mustaqarraw wa  
muqaamaa

Our Lord, avert from us the punishment of Jahannam; indeed,  
its punishment is a persisting affliction. Indeed, evil it is as an  
abode and a place to dwell in [25:65-66]

32.

رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّتِنَا قُرَّةَ أَعْيُنٍ  
وَّاجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا

Rabbanaa hablanaa min azwaajinaa wa'zurriy yaatinaa  
'qurrata a-'ayuniw wajalnaa lil muttaqeena imaamaa

Our Lord, Give us, from our spouses and our children,  
coolness of eyes and make us heads of the God-fearing  
[25:74]

33.

رَبَّنَا لَغَفُورٌ شَكُورٌ

**Rabbanaa la Ghafoorun Shakoor**

Our Lord is Most-Forgiving, Very-Appreciative [35:34]

34.

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

**Rabbanaa was'ita kulla shayir rahmataw wa 'ilman faghfir  
lilla'zeena taaboo wattaba'oo sabeelaka waqihim 'a'zaabal  
jaheem**

Our Lord, Your mercy and knowledge comprehends  
everything, so forgive those who repent and follow Your way,  
and save them from the punishment of the Fire [40:7]

رَبَّنَا وَأَدْخِلْهُمْ جَنَّاتِ عَدْنِ الَّتِي وَعَدْتَهُمْ وَمَنْ  
صَلَحَ مِنْ آبَائِهِمْ وَأَزْوَاجِهِمْ وَذُرِّيَّتِهِمْ ۗ إِنَّكَ  
أَنْتَ الْعَزِيزُ الْحَكِيمُ ۝ وَقِهِمُ السَّيِّئَاتِ ۗ وَمَنْ  
تَقِ السَّيِّئَاتِ يَوْمَئِذٍ فَقَدْ رَحِمْتَهُ ۗ وَذَلِكَ هُوَ الْفَوْزُ  
الْعَظِيمُ

Rabbanaa wa adkhillhum jannaati 'adnini latee  
wa'attahum wa man salaha min aabaaaaihim wa  
azwaajihim wa 'zuriyyaatihim, innaka antal 'Azeezul  
Hakeem. Waqihimus sayyiaat, wa man taqis sayyiaati  
yawmai'zin faqad rahimtah, wa 'zaalika huwal fawzul  
'azheem

Our Lord, admit them to the eternal gardens of Jannah that  
You have promised for them, and (admit) those as well who  
did good from among their fathers and wives and children.  
You, only You, are the Mighty, the Wise. And save them from  
evils (of punishment). And whomsoever you save from evils  
that day, it is surely because you bless him with mercy. And  
that is the great achievement indeed [40:8-9]

36.

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

**Rabbanaghfir lanaa wa li 'ikhwaani nalla'zeena  
sabaqoonaa bil eemaani wa la taj'al fee quloobinaa ghillal  
lilla'zeena aamanoo**

Our Lord, forgive us and those of our brothers who preceded us in faith, and do not place in our hearts any rancour against those who believe [59:10]

37.

رَبَّنَا إِنَّكَ رَعُوفٌ رَّحِيمٌ

**Rabbanaaa innaka Ra'oofur Raheem**

Our Lord, indeed You are Kind and Merciful [59:10]

38.

رَبَّنَا عَلَيْكَ تَوَكَّلْنَا وَإِلَيْكَ أَنبْنَا وَإِلَيْكَ الْمَصِيرُ

**Rabbanaa 'alayka tawakkalnaa wa ilayka anabnaa wa  
ilaykal maseer**

Our Lord, in you alone we trust, and to you alone we turn for help, and to you is the final return [60:4]

39.

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

**Rabbanaa la taj'alnaa fitnatal lilla'zeena kafaroo waghfir  
lanaa Rabbanaa, innaka antal 'Azeezul Hakeem**

Our Lord, do not make us persecuted by those who disbelieve, and forgive us, our Lord! You, only You, are the All-Mighty, the All-Wise [60:5]

40.

رَبَّنَا آتِنَا نُورَنَا وَاعْفِرْ لَنَا إِنَّكَ عَلَى كُلِّ  
شَيْءٍ قَدِيرٌ

**Rabbanaaa atmim lanaa nuranaa waghfir lanaa innaka 'ala  
kulli shai-in qadeer**

Our Lord, perfect for us our light, and forgive us. Indeed you are powerful over everything [66:8]

Benefit Mankind is an international aid relief and development organisation located in the United Kingdom.

We are a global humanitarian and development organisation here to serve mankind.

We aim to improve lives, alleviate poverty, transform and empower local communities whilst championing humanity, impartiality, neutrality and independence.

Our vision is to spread kindness, love, peace and compassion with mankind regardless of race, religion or culture.

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'And your Lord has said, Call on me and I will answer you.'

"Many times we face hardship in life and the last thing we turn to is Dua (supplication).  
Allah the Almighty says: 'Call Me, I will respond to you.'  
This is the promise of Allah SWT..."



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