



5 Du'as for Palestine

If the circumstances in Gaza are the catalyst for you to start making more *du'a*, then let it be. If this is what moves you and causes you to turn back to Allah, then let it be. As our strongest weapon, now is the time that we need to teach ourselves, our families, and our communities how to make *du'a*.

Making *du'a* with an attentive heart

Before occupying ourselves with the particular formulas of certain *du'a*, the most important thing is to focus on our hearts. The Prophet ﷺ said: **“Know that Allah does not answer a *du'a* from an inattentive heart.”** At-Tirmidhi #3479

Any *du'a* that comes from your heart with sincerity is a good *du'a*, even if it is not a *du'a* specifically mentioned in the Qur'an or Sunnah. A sincere *du'a* from the heart is better than one that has been memorized without understanding or attentiveness. We must let our hearts naturally converse with our Lord—and it is permissible to do so in any language that comes naturally to you.

Du'as when you feel tongue-tied

Sometimes we are at a loss for words. Our hearts are attentive but our feelings are so strong that we find ourselves tongue-tied. In these moments, the following 5 *du'as* adapted from the Qur'an, Sunnah, and pious predecessors may help springboard us into our own personal calls to Allah.

1

رَبَّنَا أَفْرِغْ عَلَيْهِمْ صَبْرًا وَثَبِّتْ أَقْدَامَهُمْ وَأَنْصُرْهُمْ عَلَى الْقَوْمِ الْكَافِرِينَ

Rabbana afrigh 'alayhim sabran wa thabbit aqdaamahum wansurhum 'ala al-qawm al-kafireen

Our Lord! Shower them with perseverance, make their steps firm, and give them victory over the disbelieving people.

Inspired by verse 250 of Surah al-Baqarah, this *du'a* reminds us that Allah is always with us, filling our hearts with firmness and tranquility.

2

رَبَّنَا آتِهِمْ فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِهِمُ عَذَابَ النَّارِ

Rabbana aatihim fid-dunya hasanatan wa fil-akhirati hasanatan waqihim 'adhaab an-nar

Our Lord! Grant them the good of this world and the Hereafter, and protect them from the torment of the Fire.

Inspired by verse 201 in Surah al-Baqarah, there is nothing better we could ask for our brothers and sisters in Palestine than their entry into Paradise and their protection from the Fire. As we watch events that seem unbearable unfold, we must remember that one dip in Jannah is all it takes for the cruelty and suffocation of this world to be forgotten.



3 اللَّهُمَّ اسْتُرْ عَوْرَاتِهِمْ وَأَمِنْ رَوْعَاتِهِمْ وَاحْفَظْهُمْ مِنْ بَيْنِ أَيْدِيهِمْ وَمِنْ خَلْفِهِمْ وَعَنْ أَيْمَانِهِمْ وَعَنْ شَمَائِلِهِمْ وَمِنْ فَوْقِهِمْ

Allahumma ustur 'awraatihim wa-aamin raw'aatihim wahfadhhum min bayni aydeehim wa min khalfihim wa 'an aymaanihim wa 'an shamaa'ilihim wa min fawqihim

O Allah, conceal their faults, calm their fears, and protect them from before them and behind them, from their right and from their left, and from above them.

Taken from the morning and evening remembrances of the Prophet ﷺ, this *du'a* seeks Allah's protection from every direction. It is a befitting *du'a* for the people of Gaza, who are surrounded by hostility and violence.

4 اللَّهُمَّ مُنْزِلَ الْكِتَابِ سَرِيعَ الْحِسَابِ مُجْرِي السَّحَابِ هَازِمَ الْأَحْزَابِ أَهْزِمَهُمْ وَزَلْزِلْهُمْ وَأَنْصُرْنَا عَلَيْهِمْ

Allahumma munzil al-kitabi saree' al-hisabi mujriya as-sahaabi hazim al-ahzaabi ihzimhum wa-zalzilhum wansurna 'alayhim

O Allah, the Revealer of the Holy Book, and the Swift in reckoning, and the Mover of the clouds, and the Defeater of the clans! Defeat them, and shake them, and grant us victory over them.

This *du'a* is inspired by a combination of *du'as* taken from several hadith detailing the Prophet's ﷺ supplications upon facing an enemy—an appropriate reminder of Allah's ability to gather and bestow, to hold to account, and to take away.

5 اللَّهُمَّ ارْزُقْهُمْ صِدْقَ التَّوَكُّلِ عَلَيْكَ وَحُسْنَ الظَّنِّ بِكَ

Allahumma urzuqhum sidq at-tawakkuli 'alayka wa husn ad-dhanni bik

O Allah grant them true reliance upon You, and good thoughts about You.

This is an adaptation of a *du'a* made by Sa'eed ibn Jubayr, a great scholar of Islam and pious predecessor. Through good thoughts we are able to put our trust in Allah and rely upon Him—a state we frequently see from our brothers and sisters in Gaza and one we pray continues.

Never lose hope in the help of Allah

As our tragedies increase and intensify, it can often feel difficult to retain hope and optimism. We may be wondering why we aren't seeing the relief that we've been so intensely praying for.

While this feeling is, to some extent, entirely natural, we must remind ourselves that it is precisely at the time of our utter depletion that the help of Allah is nearest. It is precisely when we feel exhausted of all worldly solutions that His aid is most imminent and we truly begin to depend on Allah for a way out.

Allah tells us in Surah al-Baqarah: *“Or do you think that you will enter Paradise while such [trial] has not yet come to you as came to those who passed on before you? They were touched by poverty and hardship and were shaken until [even their] messenger and those who believed with him said, ‘When [will come] the help of Allah?’ Unquestionably, the help of Allah is near.”* Qur'an, 2:214

We should never lose hope in the help of Allah, and therefore should never stop making *du'a* for the people of Palestine.