

Dua for Fasting

Arabic, Transliteration, English Meaning & References

A printable companion to the Dua for Fasting guide. These are Quranic and reported supplications that may be recited while fasting; most are general duas, not prescribed exclusively for fasting.

1. Iftar supplication

ذَهَبَ الظَّمَأُ وَابْتَلَّتِ الْعُرُوقُ وَثَبَتَ الْأَجْرُ إِنْ شَاءَ اللَّهُ

Transliteration: Dhahaba al-zama'u wabtallatil-'urooqu wa thabatal-ajru in sha' Allah.

English meaning: The thirst has gone, the veins are moistened, and the reward is assured, if Allah wills.

Reference: Sunan Abi Dawud 2357

2. Common wording for fasting intention

نَوَيْتُ صَوْمَ غَدٍ لِلَّهِ تَعَالَى

Transliteration: Nawaytu sawma ghadin lillahi ta'ala.

English meaning: I intend to fast tomorrow for the sake of Allah Almighty.

Reference: Common wording; not an established fixed prophetic dua

3. Good in this world and the Hereafter

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

Transliteration: Rabbana atina fid-dunya hasanatan wa fil-akhirati hasanatan wa qina 'adhaban-nar.

English meaning: Our Lord, give us good in this world and good in the Hereafter, and protect us from the punishment of the Fire.

Reference: Quran 2:201

4. Acceptance of worship

رَبَّنَا تَقَبَّلْ مِنَّا إِنَّكَ أَنْتَ السَّمِيعُ الْعَلِيمُ

Transliteration: Rabbana taqabbal minna innaka Antas-Sami'ul-'Alim.

English meaning: Our Lord, accept from us. Indeed, You are the All-Hearing, the All-Knowing.

Reference: Quran 2:127

5. Forgiveness and mercy

رَبَّنَا ظَلَمْنَا أَنْفُسَنَا وَإِنْ لَمْ تَغْفِرْ لَنَا وَتَرْحَمْنَا لَنَكُونَنَّ مِنَ الْخَاسِرِينَ

Transliteration: Rabbana zalamna anfusana wa illam taghfir lana wa tarhamna lanakunanna minal-khasirin.

English meaning: Our Lord, we have wronged ourselves. If You do not forgive us and have mercy upon us, we will surely be among the losers.

Reference: Quran 7:23

6. Guidance and steadfastness

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

Transliteration: Rabbana la tuzigh qulubana ba'da idh hadaytana wa hab lana min ladunka rahmatan innaka Antal-Wahhab.

English meaning: Our Lord, do not let our hearts deviate after You have guided us, and grant us mercy from Yourself. Indeed, You are the Bestower.

Reference: Quran 3:8

7. Forgiveness before Iftar

رَبَّنَا اغْفِرْ لَنَا ذُنُوبَنَا وَإِسْرَافَنَا فِي أَمْرِنَا وَثَبِّتْ أَقْدَامَنَا

Transliteration: Rabbana-ghfir lana dhunubana wa israfana fi amrina wa thabbit aqdamana.

English meaning: Our Lord, forgive us our sins and our excesses in our affairs, and make our feet firm.

Reference: Quran 3:147 (excerpt)

8. Forgiveness for believers

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

Transliteration: Rabbana-ghfir lana wa li-ikhwanina alladhina sabaquna bil-imani wa la taj'al fi qulubina ghillan lilladhina amanu rabbana innaka ra'ufur-rahim.

English meaning: Our Lord, forgive us and our brothers who preceded us in faith, and do not place in our hearts any resentment toward those who believe. Our Lord, You are truly Most Kind, Most Merciful.

Reference: Quran 59:10

9. Short dua for mercy

رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّاحِمِينَ

Transliteration: Rabbighfir warham wa Anta khayrur-rahimin.

English meaning: My Lord, forgive and have mercy, for You are the best of those who show mercy.

Reference: Quran 23:118

10. Prayer and acceptance

رَبِّ اجْعَلْنِي مُقِيمَ الصَّلَاةِ وَمِنْ ذُرِّيَّتِي رَبَّنَا وَتَقَبَّلْ دُعَاءِ

Transliteration: Rabbij'alni muqimas-salati wa min dhurriyyati rabbana wa taqabbal du'a.

English meaning: My Lord, make me an establiher of prayer, and many from my descendants. Our Lord, accept my supplication.

Reference: Quran 14:40

11. Day of Arafah: declaration of Tawhid

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

Transliteration: La ilaha illallahu wahdahu la sharika lah, lahul-mulku wa lahul-hamdu wa Huwa 'ala kulli shay'in qadir.

English meaning: There is no god but Allah alone, without partner. To Him belongs all sovereignty and praise, and He has power over all things.

Reference: Jami at-Tirmidhi 3585

12. Forgiveness during Ashura or other fasts

رَبَّنَا اغْفِرْ لَنَا وَارْحَمْنَا وَأَنْتَ خَيْرُ الرَّاحِمِينَ

Transliteration: Rabbana-ghfir lana warhamna wa Anta khayrur-rahimin.

English meaning: Our Lord, forgive us and have mercy upon us, and You are the best of those who show mercy.

Reference: Quran 23:109

Important: Niyyah (intention) is fundamentally in the heart; no fixed spoken formula is required. Personal duas can also be made in a language you understand. The Quranic duas above are not fasting-specific formulas unless explicitly stated.