

Tawaf Dua

What to Read During Tawaf — Arabic, English Translation & a Guide for All 7 Rounds

Performing Tawaf is one of the most significant acts of worship during Umrah and Hajj. While circling the Holy Kaaba seven times, Muslims remember Allah through dua, dhikr, and Quranic supplications. This guide gathers authentic Tawaf duas in Arabic with English translation, recommended duas for all seven rounds, the Sunnah dua between the Yemeni Corner and the Black Stone, and guidance to help you perform Tawaf with devotion and confidence.

Tawaf Dua for All 7 Rounds

During Tawaf, you may recite authentic Quranic duas, remember Allah through dhikr, or make personal supplications. Many pilgrims follow a structured dua for each round to help them stay focused throughout the worship.

Round 1 — Dua for Guidance

Ask Allah for guidance, steadfast faith, and His mercy — that He keeps your heart firm upon Islam and blesses you with righteousness.

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

Rabbana la tuzigh qulubana ba'da idh hadaytana wa hab lana min ladunka rahmah. Innaka Antal Wahhab.

ENGLISH TRANSLATION

“Our Lord, do not let our hearts deviate after You have guided us. Grant us mercy from Yourself. Surely, You are the Bestower.”

Round 2 — Dua for Forgiveness

Sincerely ask Allah to forgive your sins, accept your repentance, and fill your heart with His mercy and compassion.

رَبِّ اغْفِرْ وَارْحَمْ وَأَنْتَ خَيْرُ الرَّاحِمِينَ

Rabbi ighfir warham wa Anta Khayrur Rahimin.

ENGLISH TRANSLATION

“My Lord, forgive me and have mercy upon me. You are the Best of those who show mercy.”

Round 3 — Dua for Protection

Seek Allah's protection in this world and the Hereafter — safety from hardship, misguidance, and the punishment of the Fire.

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

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

ENGLISH TRANSLATION

“Our Lord, grant us good in this world and good in the Hereafter, and protect us from the punishment of the Fire.”

Round 4 — Dua for Strength and Patience

Ask Allah for strength, patience, and ease in every challenge — that He removes worries and makes affairs easy.

رَبِّ اشْرَحْ لِي صَدْرِي وَيَسِّرْ لِي أَمْرِي

Rabbi ishrah li sadri wa yassir li amri.

ENGLISH TRANSLATION

“My Lord, expand my chest and make my task easy for me.”

Round 5 — Dua for Family

Pray for your parents, spouse, children, and the whole Muslim Ummah — for faith, health, happiness, and mercy.

رَبِّ ارْحَمْهُمَا كَمَا رَبَّيَانِي صَغِيرًا

Rabbi Irhamhuma kama rabbayani saghira.

ENGLISH TRANSLATION

“My Lord, have mercy upon them as they raised me when I was a child.”

Round 6 — Dua for Provision and Success

Ask Allah for halal provision, beneficial knowledge, and success in this life and the Hereafter.

رَبِّ إِنِّي لِمَا أَنْزَلْتَ إِلَيَّ مِنْ خَيْرٍ فَقِيرٌ

Rabbi inni lima anzalta ilayya min khayrin faqir.

ENGLISH TRANSLATION

“My Lord, I am truly in need of whatever good You send down to me.”

Round 7 — Dua for Acceptance

Ask Allah to accept your Tawaf, Umrah or Hajj, forgive your sins, answer your duas, and grant a righteous ending.

رَبَّنَا تَقَبَّلْ مِنَّا إِنَّكَ أَنْتَ السَّمِيعُ الْعَلِيمُ

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

ENGLISH TRANSLATION

“Our Lord, accept this from us. Indeed, You are the All-Hearing, the All-Knowing.”

Tawaf Dua for All Seven Rounds — At a Glance

Round	Purpose of the Dua
Round 1	Ask Allah for guidance and steadfast faith.
Round 2	Seek forgiveness and Allah's mercy.
Round 3	Pray for protection in this life and the Hereafter.
Round 4	Ask for strength, patience, and ease.
Round 5	Make dua for your parents, family, and loved ones.
Round 6	Seek halal provision, success, and blessings.
Round 7	Ask Allah to accept your Tawaf and all your supplications.

Dua Between the Yemeni Corner and the Black Stone

One of the most well-known supplications during Tawaf is recited between the Yemeni Corner (Rukn al-Yamani) and the Black Stone (Hajar al-Aswad) — a Quranic dua asking Allah for goodness in this world, goodness in the Hereafter, and protection from the Hellfire.

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

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

ENGLISH TRANSLATION

“Our Lord, grant us good in this world and good in the Hereafter, and protect us from the punishment of the Fire.”

Best Dhikr to Recite During Tawaf

Along with dua, you can continuously remember Allah through simple dhikr while performing Tawaf. These short phrases are easy to recite and help keep your heart focused throughout the seven rounds.

سُبْحَانَ اللَّهِ

SubhanAllah

Glory be to Allah

الْحَمْدُ لِلَّهِ

Alhamdulillah

All praise is due to Allah

اللَّهُ أَكْبَرُ

Allahu Akbar

Allah is the Greatest

لَا إِلَهَ إِلَّا اللَّهُ

La ilaha illallah

There is no god but Allah

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

La hawla wa la quwwata illa billah

There is no power nor strength except with Allah

أَسْتَغْفِرُ اللَّهَ

Astaghfirullah

I seek Allah's forgiveness

Important Note About Tawaf Duas

The duas in this guide are recommended Quranic supplications commonly recited by pilgrims to stay focused during Tawaf. You are not required to recite a different dua in every round. You may repeat the same dua, recite verses from the Quran, engage in dhikr, or ask Allah for anything beneficial in any language. The essence of Tawaf lies in remembering Allah with sincerity, humility, and complete devotion.

Tips for Reciting Duas During Tawaf

- Make every dua with complete sincerity and hope in Allah's mercy.
- Understand the meaning of the duas you recite whenever possible.
- Recite at a comfortable pace without rushing through the seven rounds.
- Combine Quranic duas, dhikr, and your own personal supplications.
- If you cannot memorise Arabic, you may make dua in your own language.
- Stay mindful of other pilgrims and avoid pushing or stopping in crowded areas.
- Keep your attention on worship and minimise unnecessary distractions.

Final Thoughts on Tawaf Dua

Tawaf is more than walking around the Holy Kaaba — it is a precious opportunity to remember Allah, seek His mercy, and strengthen your faith. Whether you recite Quranic duas, make personal supplications, or engage in dhikr, every sincere word brings you closer to your Creator. Use the suggested duas in this guide to stay focused throughout the seven rounds, but remember that the most beautiful dua is the one made with a sincere heart.

Frequently Asked Questions

Can I make my own dua during Tawaf?

Yes. You may ask Allah for anything beneficial in any language while performing Tawaf. There is no restriction on personal supplications, and sincerity matters more than specific words.

Do I have to recite a different dua for each round?

No. There is no requirement to recite a different dua in every round. You may repeat the same dua, recite Quranic supplications, perform dhikr, or make personal duas throughout all seven rounds.

Can I read Tawaf duas from my phone or a booklet?

Yes, this is permissible if it helps you remember the supplications. However, avoid becoming distracted or causing inconvenience to other pilgrims.

Is Arabic required when making dua during Tawaf?

No. While authentic Arabic duas are highly recommended, you may also make sincere supplications in your own language. Allah understands every prayer made with sincerity and humility.

Can I recite only dhikr during Tawaf?

Yes. You may spend your Tawaf remembering Allah through simple dhikr if you do not wish to recite longer supplications.

What is the best dua to recite during Tawaf?

One of the most recommended supplications during Tawaf is the Quranic dua recited between the Yemeni Corner (Rukn al-Yamani) and the Black Stone (Hajar al-Aswad):

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الْآخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ

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

“Our Lord, grant us good in this world and good in the Hereafter, and protect us from the punishment of the Fire.”

May Allah accept your Tawaf, your Umrah or Hajj, and every sincere dua you make around His House.