

What can I say?

After having studied and reflected on the **Du'ās from the Qur'ān**, write down the du'ā(s) you would recommend to:

1. Zayd has been wanting to get married for a long time and is struggling.
2. Khalid feels that Allah has blessed with him everything: imān, inspirational friends, a spacious house, an amazing family and good health.
3. Abdullah got up to a lot of things in his youth which he'd rather forget. The guilt is always gnawing away at him and he keeps feeling like he is still suffering from the consequences of his sins.
4. Khadijah has upcoming GCSE exams and wants to do well in them.
5. Layth suffers from anxiety.
6. Hasan is a student of knowledge and wants Allah to make this path easy for him.
7. Aishah feels like life is a constant battle and if it's not one thing, then it's the other. She feels trapped and is contemplating ending her life.
8. Luqman lives in a non-Muslim country and is surrounded by fitan. He worries about his imān and the imān of his children.
9. Sarah suffers from a chronic illness and is frequently in a lot of pain.
10. Ahmad and Fatimah who are struggling to conceive.
11. Hanan's no.1 fear is public speaking and is terrified of an upcoming presentation she has to deliver in front of her entire school.
12. Hajar and Abdul-Hayy have 5 children mashallah. Whilst the sleepless nights and endless nappies were difficult, raising them on imān and taqwā in their teens feels even more difficult.
13. Rahmah's grandparents (all four of them) passed away long before she was born. Although she has never met them, she feels like she owes them so much and wants to do something to repay them back.
14. Khalid has a big decision to make and can't seem to decide what the best option is for him.
15. Iman feels overwhelmed with the variety of du'ās sometimes and just wants a nice short easy du'ā that she can make all the time.
16. Hasan struggles with concentrating in his salah and wants to feel the 'sweetness of salah'.
17. Fatimah is terrified of dying and doesn't know how she will stand in front of Allah (subḥānahū wa ta'ālā) on the Day of Judgement.
18. Mu'adh gets really weird and bad thoughts in his head. He tries to ignore them but he keeps getting them.
19. Habib and his family are doing hijrah to another country. He is worried that his wife and children won't like and won't be able to settle into their new home.
20. Zaynab loves going on hikes. Appreciating nature helps her feel connected to Allah.

