

Top Tips for an Effective Du'ā'

Du'ā' is a massive part of our daily worship but also of Hajj. Du'ā' is the act of worship we use most in other acts of worship. We make du'ā' in our prayer, during Tawāf and saī, after stoning the jamarāt, in the morning at Muzdalifah and especially on the Day of Arafat. The Day of Arafat is all about du'ā'. The Prophet (SAW) made du'ā' on that day from after Dhuhr prayer until sunset.

Here are ten useful tips to help with your du'ā'

1. Du'ā' Is About The Heart

An effective du'ā' is more than the words being uttered, it is more about the intention that accompanies the supplication. Therefore, to make a du'ā' that comes sincerely from the heart is far more important.

2. Sincerity

We must sincerely turn to Allah in du'ā', knowing that He alone answers our supplications. If we have the intention that others can answer our supplications or can be intermediaries in the process we haven't understood this noble act of worship.

3. Du'ā' Is An Amazing Act Of Worship

It's often one we neglect despite it being the act of worship that is most mentioned in the stories of the Prophets. The beauty of du'ā' is that it can be made at any time, place and in any circumstance.

4. Use The Language You're Comfortable With

Apart from the few times where we must make adhkār and du'ās in Arabic such as in the prayer, every other time you can make du'ā' in any language. This includes during the prayer after the set Arabic adhkār have been made. This not only helps with the first point on this list but also allows you to personalise your du'ās to your needs and situation. This includes during Hajj. Allah understands all languages and dialects.

5. Good Du'ā' Preparation

The Sunnah mentions etiquettes of du'ā' such as being in a state of wudū', facing the qiblah and raising the hands during du'ā'. All of this helps as it makes it more likely for du'ās to be answered.

6. Time And Place

There are certain times where du'ās are more likely to be accepted. During the month of Ramadan, that includes whilst you are fasting and during the night prayer. In Hajj, the holiness of the cities and Hajj sites as well as the blessedness of the month of Dhul-Hijjah combined make du'ās more likely to be accepted.

7. Make The Same Du'ā Again And Again

A common mistake is to only make du'ā' once or a few times. The opposite should be true. We should be repeating our du'ās multiple times over a prolonged period of time until Allah grants the du'ā' or we find an alternative we are pleased with. The Prophets Ibrahim and Zakariyya made du'ā' for decades asking for a child, and the Prophet Ya'qub made continuous du'ā' to be reunited with his son the Prophet Yusuf.

8. Make A List

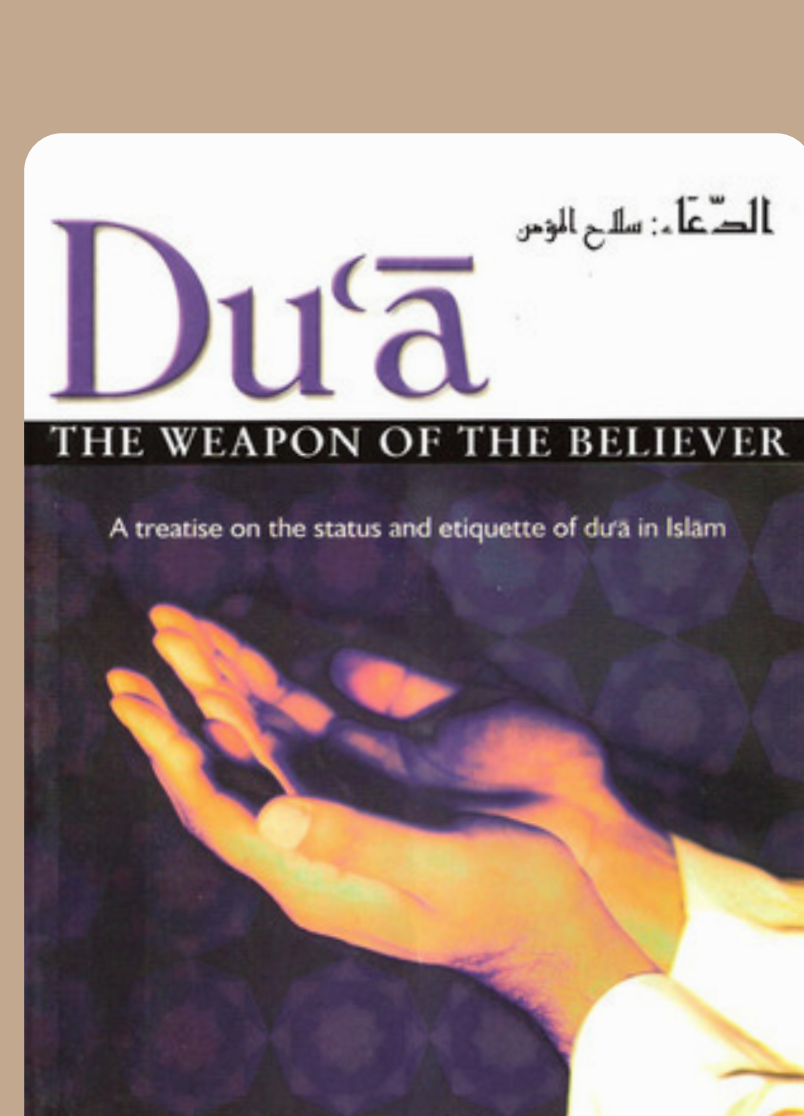
A common problem we face is that our mind goes blank at the time of du'ā' or we forget certain du'ās as we're making Tawāf or on the Day of Arafat. It's a good idea to make a list of du'ās.

9. The Best Du'ās Are Those Found In The Qur'an And Sunnah

The beauty of du'ās found in the Qur'an and Sunnah is that they are short and comprehensive in meaning. These du'ās in particular you should have on hand with the translation so you can read them and understand what is meant by them.

10. Allah Always Answers Du'ā'

Allah will always respond to your du'ās, however it may not be in the way you expect. When we make du'ā' to Allah, He either grants us what we want, gives us its reward in the Hereafter or removes a harm or calamity that would have struck us otherwise.



Further reading:

'Dua the Weapon of the Believer'
by Yasir Qadhi