

 

AZKAAR FOR PREGNANCY



PANJEERI
ONLINE

MOTHERHOOD IS AS REWARDING AS IT IS CHALLENGING. ISLAM ACKNOWLEDGES THIS. WE PRESENT A SHORT COMPILATION OF DUAS AND SURAHS THAT WILL STRENGTHEN THOSE WHO HAVE BEGUN THIS LIFE-CHANGING JOURNEY.

SAVE FOR YOURSELF OR SHARE WITH A MOM-TO-BE YOU LOVE.





NIYAT FOR STARTING A FAMILY

When you have decided to have a family and seek guidance and blessings from Allah

1) Bearing witness - Surah Aal'i Imraan, Ayat 53

رَبَّنَا آمَنَّا بِمَا أَنْزَلْتَ وَاتَّبَعْنَا الرَّسُولَ فَاكْتُبْنَا مَعَ الشَّاهِدِينَ

"Our Rabb! We believe in what You have revealed and we follow Your Rasool. Please count us with those who bear witness."

2) Acknowledging the qudrat of Allah - Surah Aal'i Imraan, Ayat 191

رَبَّنَا مَا خَلَقْتَ هَذَا بَاطِلًا سُبْحَانَكَ فَقِنَا عَذَابَ النَّارِ

"Our Rabb! You have not created this in vain. Glory to You! Save us from the punishment of fire."

(NIYAT FOR STARTING A FAMILY)

3) Asking for righteous company - Surah A'raaf, Ayat 47

رَبَّنَا لَا تَجْعَلْنَا مَعَ الْقَوْمِ الظَّالِمِينَ

“Our Rabb! Place us not with the wrong-doing folk.”



DURING PREGNANCY

**When you have conceived, and seek ease and calmness
from Allah**

(DURING PREGNANCY)

1) Making good intentions - Surah Aal'i Imraan, Ayat 35

رَبِّ إِنِّي نَذَرْتُ لَكَ مَا فِي بَطْنِي مُحَرَّرًا فَتَقَبَّلْ مِنِّي إِنَّكَ أَنْتَ السَّمِيعُ الْعَلِيمُ

"O my Sustainer! Behold, unto Thee do I vow [the child] that is in my womb, to be devoted to Thy service. Accept it, then, from me: verily, Thou alone art all-hearing, all-knowing!"

This is the dua Hazrat Hannah R.A. made when she conceived Hazrat Maryam A.S. This is the Dua mothers make to reserve the child for the sake of Allah Ta'ala - so that Insha Allah he/she lives a life firm on the path of Islam.

(DURING PREGNANCY)

2) Asking for divine protection from the accursed satan - Surah Aal'i Imraan, Ayat 36

وَإِنِّي أَعِزُّهَا بِكَ وَذُرِّيَّتَهَا مِنَ الشَّيْطَانِ الرَّجِيمِ

“And, verily, I seek Thy protection for her and her offspring against satan, the accursed.”

It is mentioned in the Hadith e Mubarakah that every child of Adam A.S. when born, is touched by satan except Hazrat Maryam A.S. and Hazrat Eesa A.S. due to the dua that their mother made for them. Thus, mothers can make the same dua for their baby, to protect from both the literal and metaphorical (i.e whisperings, insinuations) touch of satan.

(DURING PREGNANCY)

3) Asking for a lifetime of goodness & success - Surah Furqaan, Ayat 74

رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّاتِنَا قُرَّةَ أَعْيُنٍ وَاجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا

"Our Rabb! Make our wives and our children to be the comfort of our eyes, and make us leaders of the righteous."

(DURING PREGNANCY)

4) Asking for steadfastness - Surah Baqarah, Ayat 128

رَبَّنَا وَاجْعَلْنَا مُسْلِمِينَ لَكَ وَمِنْ ذُرِّيَّتِنَا أُمَّةً مُسْلِمَةً لَكَ وَأَرِنَا مَنَاسِكَنَا وَتُبْ
عَلَيْنَا إِنَّكَ أَنْتَ التَّوَّابُ الرَّحِيمُ

“Our Lord, and make us muslims [in submission] to you and from our descendants a muslim nation [in submission] to you. And show us our rites and accept our repentance. Indeed, You are the acceptor of repentance, the merciful”

(DURING PREGNANCY)

5) Asking for the attributes of Hadhrat Yusuf A.S. in the child - Surah Yusuf

Surah Yusuf should be recited everyday, and some say that if you can't recite the surah daily then divide the recitation into two days. By reciting this surah, your child will have the following traits of Hazrat Yusuf A.S:

- strength
- strong faith and tawakkul in Allah
- forgiving nature
- beauty
- his hayaa. He/she will inshaAllaah stay away from zina (fornication) and temptation

(DURING PREGNANCY)

6) Asking for wisdom for the child - Surah Luqman

Reciting Surah Luqman for at least the first trimester is said to breed wisdom into the baby in the womb.

7) Asking for peace - Surah Yasin, Ayat 58

Everyday, mothers can place hand on their pregnant belly and recite:

سَلَامٌ قَوْلًا مِنْ رَبِّ رَحِيمٍ

"Peace! A word (of salutation) from a Lord most merciful!"



AT THE TIME OF DELIVERY

**When you are at the brink of motherhood and seek
strength from Allah**

(AT THE TIME OF DELIVERY)

1) For ease of delivery - Surah Maryam

Surah Maryam should be recited daily throughout pregnancy, especially in the last trimester.

2) Asking for ease during labour - Surah Inshiqaaq, Ayat 4

أَلْقَتْ مَا فِيهَا وَتَخَلَّتْ

“...casts forth what is within it and becomes (clean) empty.”



POST-PARTUM

Tawakkul during this time is the key. Tawakkul means having your firm and entire trust in Allah's Zaat e Aali, and believing that whatsoever the circumstances, Allah will help me through.

(POST-PARTUM)

1) Dua for frustration - Surah Qamar, Ayah 10

رَبِّهِ أَأَنِي مَغْلُوبٌ فَأَنْتَصِرُ

“I am helpless, so help me!”

2) Dua for ease - Ibn Hibban 327, Ibn As-Sunni 351

اللَّهُمَّ لَا سَهْلَ إِلَّا مَا جَعَلْتَهُ سَهْلًا وَأَنْتَ تَجْعَلُ الْحَزْنَ إِذَا شِئْتَ سَهْلًا

“O Allah, there is no ease except in that which You have made easy, and You make difficulty, if You wish, easy.”

A beautiful dua to ask our merciful Lord to make our affairs easy. It helps to handle the tough day-to-day tasks of parenting and the never-ending list of chores and responsibilities we do all day long.

(POST-PARTUM)

3) Dua for contentment - Sahih Bukhari

اللَّهُمَّ قِنِّعْنِي بِمَا رَزَقْتَنِي ، وَبَارِكْ لِي فِيهِ ، وَاخْلُفْ عَلَيَّ كُلَّ غَائِبَةٍ
بِخَيْرٍ إِذَا شِئْتَ سَهْلًا

“O Allah, make me content with what you have provided me, send blessings for me therein, and replace for me every absent thing with something better.”