

LESSON 9: Simple Islamic Prayers (Duas)

1. Dua Before Eating

- **Arabic:** "Bismillah."
- **Translation:** "In the name of Allah."
- **Importance:** A reminder to be thankful for the food.

2. Dua After Eating

- **Arabic:** "Alhamdulillah."
- **Translation:** "Praise be to Allah."
- **Importance:** Expressing gratitude for the meal.

3. Dua Before Sleeping

- **Arabic:** "Bismika Allahumma amutu wa ahya."
- **Translation:** "In Your name, O Allah, I die and I live."
- **Importance:** Seeking Allah's protection during sleep.

4. Dua Upon Waking Up

- **Arabic:** "Alhamdulillahilladhi ah yana ba'dama amatana wa ilayhin-nushur."
- **Translation:** "Praise be to Allah Who gave us life after He caused us to die, and unto Him is the resurrection."
- **Importance:** Thanking Allah for the gift of life.

5. Dua for Forgiveness

- **Arabic:** "Astaghfirullah."
- **Translation:** "I seek forgiveness from Allah."
- **Importance:** Asking Allah for forgiveness for our mistakes.