

## *Dua to be recited from the age of forty*

رَبِّ أَوْزِعْنِي أَنْ أَشْكُرَ نِعْمَتَكَ الَّتِي أَنْعَمْتَ عَلَيَّ  
وَعَلَى وَالِدَيَّ وَأَنْ أَعْمَلَ صَالِحًا تَرْضَاهُ وَأَصْلِحْ  
لِي فِي ذُرِّيَّتِي <sup>ط</sup> إِنِّي تُبْتُ إِلَيْكَ وَإِنِّي مِنَ الْمُسْلِمِينَ

O My Rabb, grant me the ability to be grateful for the favours which You has bestowed upon me and upon my parents and that I must do good actions that will please You. And make my off spring pious. Verily I make Taubah to You and I am of those who surrender (unto You). [Surah Ahqaaf]