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Tawaf Duas for All 7 Rounds

What to Read During Tawaf | A Complete Step-by-Step Guide

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How to Prepare Before Tawaf

1. Make your intention (Niyyah) for Tawaf.
2. Ensure you are in a state of Wudu (ablution).
3. Stand at the Black Stone line and say "Bismillah Allahu Akbar."
4. Start walking at a normal, calm pace — Tawaf is worship, not a race.
5. Turn off your phone's sound and be mindful of fellow pilgrims.
6. Use short, heartfelt duas so you can truly focus on each moment.

Duas for Each of the Seven Rounds

These are suggested duas to help you stay focused. Feel free to replace any with your own heartfelt supplication in any language.

Round 1	Ask for Guidance ربنا لا تزغ قلوبنا بعد إذ هديتنا وهب لنا من لدنك رحمة إنك أنت الوهاب "Our Lord, do not let our hearts deviate after You have guided us. Grant us mercy from You." The greatest blessing a believer can ask for is Hidayah. Use this round to ask Allah to keep your faith strong and to thank Him for His existing blessings.
Round 2	Ask for Forgiveness رب اغفر وارحم وأنت خير الراحمين "My Lord, forgive and have mercy. You are the best of those who show mercy." Reflect on your past and sincerely ask Allah to forgive you. Ask Him for a clean, peaceful heart. Allah is Most Merciful and always gives a new chance.

Round 3	Ask for Protection ربنا آتنا في الدنيا حسنة وفي الآخرة حسنة وقنا عذاب النار "Our Lord, give us good in this world and in the Hereafter and protect us from the Fire." This comprehensive dua covers all your needs. Ask for safety, good health, peace, and protection in your faith, family, and future.
Round 4	Ask for Strength & Patience رب اشرح لي صدري ويسر لي أمري "My Lord, open my chest and make my task easy for me." Tell Allah about your struggles — whether it is stress, family pressure, or difficulty in worship. He is always near, watching and listening.
Round 5	Make Dua for Family رب ارحمهما كما ربياني صغيرا "My Lord, have mercy on them as they raised me when I was small." Pray for your parents, family, and loved ones. Ask Allah to grant them strong health, peace, and happiness — and include all those who asked you to make dua.
Round 6	Ask for Provision & Success رب إني لما أنزلت إلي من خير فقير "My Lord, I am in need of whatever good You send down to me." Ask for a steady, halal income and success in your goals. Ask Allah to make your time and efforts fruitful and to shield you from harm.
Round 7	Ask for Acceptance ربنا تقبل منا إنك أنت السميع العليم "Our Lord, accept from us. You are the All-Hearing, the All-Knowing." In this final round, ask Allah to accept your Tawaf, your Umrah or Hajj, and all your duas. Leave your hopes, dreams, and worries in Allah's care.



Dua Between the Yemeni Corner and the Black Stone

Special Prophetic Dua	حسنة وفي الآخرة حسنة وقنا عذاب النار ربنا آتنا في الدنيا	"Our Lord, give us good in this world and in the Hereafter and protect us from the Fire."
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This is the only specific dua our beloved Prophet (PBUH) is reported to have recited during Tawaf. Recite it each time you walk between the Yemeni Corner and the Black Stone (Hajar e Aswad).

Dhikr You Can Read in Any Round

SubhanAllah	Glory be to Allah
Alhamdulillah	All praise is due to Allah
La ilaha illallah	There is no god but Allah
Allahu Akbar	Allah is the Greatest
La hawla wa la quwwata illa billah	There is no power except with Allah

Tips for Reciting Duas During Tawaf

No need to rush	A slow, calm pace helps you focus and avoid collisions. Tawaf is worship, not a race.
Know what you say	Even short phrases like SubhanAllah carry deep meaning. Reflect on each word for greater reward.
Mix your recitations	You may alternate between dhikr, Quranic duas, and personal prayers, or keep one dua per round.
Lips or heart — both count	In crowded areas, even silent duas in your heart are heard by Allah, who knows all that is within you.
Stay off your phone	A booklet or phone can break your focus. Short, memorised duas are much easier to manage in the crowd.
Respect other pilgrims	Don't push or stop suddenly. A peaceful attitude enhances the spiritual atmosphere for everyone.
Reflect between rounds	As you circle the Kaaba, think about what you want to change, achieve, and entrust to Allah.
Treat delays as blessings	Crowds slow the pace — use those extra moments for dhikr or quiet personal dua.

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