

The Marriage Dua That Heals Modern Anxiety

HOW SURAH 25:74 REDEFINES FINDING A RIGHTEOUS SPOUSE
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What Is the Dua for a Righteous Spouse in Quran 25:74?

The most powerful Quranic supplication for marriage is: "*Rabbana hab lana min azwajina wadhurriyatina qurrata a'yunin waj'alna lil-muttaqina imama*" (Surah Al-Furqan 25:74). It means: "Our Lord, grant us from our spouses and offspring comfort to our eyes and make us leaders for the righteous." This verse uniquely addresses both finding a righteous spouse AND building a marriage that becomes a refuge from worldly stress.

Complete Arabic Text, Transliteration & Translation

رَبَّنَا هَبْ لَنَا مِنْ أَزْوَاجِنَا وَذُرِّيَّاتِنَا قُرَّةَ
أَعْيُنٍ وَاجْعَلْنَا لِلْمُتَّقِينَ إِمَامًا

*"Rabbana hab lana min azwajina wadhurriyatina qurrata a'yunin waj'alna
lil-muttaqina imama"*

English (Simple): Our Lord, grant us from our spouses and offspring comfort to our eyes and make us leaders for the righteous.

English (Yusuf Ali): Our Lord! Bestow on us from our wives and our offspring the comfort of our eyes, and make us (yet) leaders of the righteous.

Urdu: اے ہمارے رب! ہمیں ہمارے بیویوں اور اولاد سے آنکھوں کی ٹھنڈک عطا فرما اور ہمیں پرہیزگاروں کا پیشوا بنا دے

Hindi: हमारे प्रभु! हमें हमारी पत्नियों और संतान से आँखों का ठंडक प्रदान करें और हमें परहेज़गारों के इमाम बना दें

Word-by-Word Breakdown: What Classical Scholars Actually Mean

Hab Lana (Grant Us)

From the Arabic root '*hiba*' = an unmerited gift from Allah. This teaches us to approach marriage as divine mercy, not something we earn.

Scholar Note (Ibn Kathir): Shows humility—the believer acknowledges they cannot deserve a righteous spouse without Allah's grace.

Qurrata A'yun (Comfort of Eyes)

Literally 'coolness of the eyes' = finding absolute peace in someone. The opposite of 'hot tears' of grief. In marriage: your spouse becomes your refuge from stress.

Modern Research: Couples viewing each other as 'safe spaces' show 40% higher satisfaction rates (Behavioral Sciences, 2019).

Waj'alna lil-Muttaqina Imama (Make Us Leaders)

Not political power, but becoming role models whose families inspire others to turn to Allah.

Scholar Note (Maududi): Connects individual salvation with family salvation. A Muslim must care about spouse's/children's spiritual well-being.

How Many Times Should You Recite This Dua for Marriage?

No specific Hadith mandates a fixed number. Scholars emphasize sincerity (ikhlas) and consistency over mechanical counts.

- **Daily after prayers:** 3 times daily after Fajr and Maghrib.
- **As Wazifa:** 100 times daily during active marriage search.
- **During Sujood:** Any time during prostration (most accepted).

***Important Note:** Many online sources claim 1,000 times for 40 days—this is cultural innovation (bid'ah), NOT from authentic Hadith.*

Practical Modern Application

For Young Muslims Seeking Love Marriage

1. **Before confessing feelings:** Recite the dua 3x, asking Allah to reveal their true character.
2. **During family negotiations:** Recite after each prayer, trusting Allah's timing.
3. **After marriage:** Make it part of daily dhikr to maintain marital peace.

For Parents Arranging Marriages

- Recite the dua before meeting potential matches.
- Ask the prospective spouse if they recite this dua.
- Make it part of family dhikr after Maghrib.

Scholarly Advice: Parents praying this dua ask Allah to guide them to a match bringing BOTH worldly comfort and religious success (Ma'arif-ul-Quran).

Research: Religiosity and Marital Satisfaction in Pakistani Muslims

Source: Behavioral Sciences Journal, 2019 (Study of 300 Pakistani Muslim couples)

Spiritual Practice	Correlation to Marital Satisfaction
Shared daily dua	0.72 (strong positive)
Reciting Quran together	0.68 (strong positive)
Pre-marriage spiritual counseling	0.61 (moderate positive)

Key Insight: Couples making 'qurrata a'yun' a shared goal report 40% lower divorce rates.

When Is the Best Time to Recite This Dua?

- **During Sujood (prostration):** "The closest a servant is to Allah is when prostrating" (Sahih Muslim 482).
- **Last Third of Night (Tahajjud):** "Allah descends asking: Who calls upon Me that I may answer?" (Sahih Bukhari 1145).
- **After Obligatory Prayers:** No time between salam and dua is wasted.
- **Friday Afternoon (before Asr):** "There's an hour on Friday when dua is guaranteed acceptance" (Sahih Muslim 874).

People Also Ask: Real Questions Muslims Ask

Q: Can I recite this if I'm already married but unhappy?

A: Yes. The dua works for BOTH finding a righteous spouse AND transforming an existing marriage into qurrata a'yun.

Q: How long does it take for this dua to be answered?

A: Allah answers in 3 ways: (1) Granting what you asked, (2) Delaying for something better, or (3) Redirecting to something unexpected. Patience (sabr) is part of the answer.

Q: Can parents recite this for their unmarried children?

A: Yes—and highly recommended. The Prophet ﷺ said: "The dua of a parent for their child is like a spear that never misses" (Sunan Ibn Majah 921).

"May Allah grant you a spouse who becomes the comfort of your eyes, a partner in your deen, and a means to enter Jannah together. Ameen."

Call to Action

- Share this with a family member arranging marriage
- Recite this dua 3x daily after Fajr
- Read our companion guide on Islamic marriage criteria

Scholarly References & Citations

Tafseer: Tafsir Ibn Kathir (Surah Al-Furqan), Tafhim-ul-Quran by Abul Ala Maududi, Ma'arif-ul-Quran by Mufti Muhammad Shafi Usmani.

Hadith: Sahih Bukhari (7405, 1145), Sahih Muslim (482, 874), Sunan Ibn Majah (921).

Research: Aman, J., Abbas, J., Nurunnabi, M., & Bano, S. (2019). The relationship of religiosity and marital satisfaction. Behavioral Sciences, 9(3).