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Surah Ahqaf Ayat 15

WA WASSAYNAL INSANA BIWALIDAIHI IHSANA — THE DUA AT FORTY (QURAN 46:15)

سورۃ الاحقاف آیت ۱۵ — والدین کے حق اور چالیس سال کی دعا، عربی، انگریزی اور اردو ترجمے کے ساتھ

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Quick Answer

- Surah Ahqaf ayat 15 (46:15) commands kindness to parents, counts a mother's bearing and weaning at thirty months, then gives the prayer of the believer at forty: Rabbi awzi'ni an ashkura ni'mataka — "My Lord! Inspire me to be thankful for Your favours."
- The dua asks for four things: gratitude for favours to you and your parents, deeds that please Allah, righteousness in your offspring, and it ends in repentance and submission.
- No fixed recitation count or set day exists for it in the Quran or Sunnah — recite it as a dua at any age, as often as you wish.

The Verse — Arabic, English & Urdu

وَوَصَّيْنَا الْإِنسَانَ بِوَالِدَيْهِ إِحْسَانًا ۖ حَمَلَتْهُ أُمُّهُ كُرْهًا وَوَضَعَتْهُ كُرْهًا ۖ وَحَمْلُهُ وَفِصَالُهُ ثَلَاثُونَ شَهْرًا ۚ حَتَّىٰ إِذَا بَلَغَ أَشُدَّهُ وَبَلَغَ أَرْبَعِينَ سَنَةً قَالَ رَبِّ أَوْزِعْنِي أَنْ أَشْكُرَ نِعْمَتَكَ الَّتِي أَنْعَمْتَ عَلَيَّ وَعَلَىٰ وَالِدَيَّ وَأَنْ أَعْمَلَ صَالِحًا تَرْضَاهُ وَأَصْلِحْ لِي فِي ذُرِّيَّتِي ۖ إِنِّي تُبْتُ إِلَيْكَ وَإِنِّي مِنَ الْمُسْلِمِينَ

Wa wassaynal-insaana biwaalidaihi ihsaanaa. Hamalat-hu ummuhu kurhan wa wada'at-hu kurhaa, wa hamluhu wa fisaaluhu thalaathoona shahraa. Hattaa idhaa balagha ashuddahu wa balagha arba'eena sanatan qaala: Rabbi awzi'nee an ashkura ni'matakal-latee an'amta 'alayya wa 'alaa waalidayya wa an a'mala saalihan tardaahu wa aslih lee fee zurriyyatee. Innee tubtu ilaika wa innee minal-muslimeen.

"We have commanded people to honour their parents. Their mothers bore them in hardship and delivered them in hardship. Their [period of] bearing and weaning is thirty months. In time, when the child reaches their prime at the age of forty, they pray, "My Lord! Inspire me to [always] be thankful for Your favours which You blessed me and my parents with, and to do good deeds that please You. And instil righteousness in my offspring. I truly repent to You, and I truly submit [to Your Will]."" (Khattab, The Clear Quran)

اور ہم نے انسان کو اپنے والدین کے ساتھ بھلائی کرنے کا حکم دیا۔ اس کی ماں نے اس کو تکلیف سے پیٹ میں رکھا اور تکلیف ہی سے جنا۔ اور اس کا پیٹ میں رہنا اور دودھ چھوڑنا ڈھائی برس میں ہوتا ہے۔ یہاں تک کہ جب خوب جوان ہوتا ہے اور چالیس برس کو پہنچ جاتا ہے تو کہتا ہے کہ اے میرے پروردگار مجھے توفیق دے کہ تو نے جو احسان مجھ پر اور میرے ماں باپ پر کئے ہیں ان کا شکر گزار ہوں اور یہ کہ نیک عمل کروں جن کو تو پسند کرے۔ اور میرے لئے میری اولاد میں صلاح (و تقویٰ) دے۔ میں تیری طرف رجوع کرتا ہوں اور میں فرمانبرداروں میں ہوں

Al-Ahqaf means the wind-curved sand dunes of Yemen, the land of the people of 'Ad. The promise that answers this verse stands immediately after it: "It is from these [people] that We will accept the best of what they did, overlook their misdeeds,

and [make them] dwell in Paradise among the righteous — an absolute promise that will most certainly be fulfilled" (46:16, Khattab).

Word by Word — The Dua

Arabic	Transliteration	English
رَبِّ	Rabbi	My Lord
أَوْزِعْنِيٓ	Awzi'ni	Inspire me, dispose me
أَنْ	An	To
أَشْكُرَ	Ashkura	Be thankful for
نِعْمَتَكَ	Ni'mataka	Your favour
ٱلَّتِيٓ	Allati	Which
أَنْعَمْتَ	An'amta	You bestowed
عَلَيَّ	'Alayya	Upon me
وَ	Wa	And
عَلَىٰ	'Ala	Upon
وَٰلِدَيَّ	Walidayya	My two parents
وَ	Wa	And
أَنْ	An	That I
أَعْمَلَ	A'mala	Do, work
صَٰلِحًا	Salihan	Righteous (deed)
تَرْضَىٰهُ	Tardahu	You are pleased with it
وَأَصْلِحْ	Wa aslih	And set right, grant righteousness
لِي	Li	For me
فِي	Fi	In
ذُرِّيَّتِيٓ	Dhurriyyati	My offspring
إِنِّي	Inni	Indeed I
تُبْتُ	Tubtu	I repent, I turn back
إِلَيْكَ	Ilaika	To You
وَإِنِّي	Wa inni	And indeed I am
مِنَ	Mina	Among
ٱلْمُسْلِمِينَ	Al-muslimin	Those who submit

The Forty Card — Print This

☐ 1. Say the full dua once, slowly. After Fajr or at day's end — Arabic if you can, your own language if you cannot.

☐ 2. Thank back. Name one favour that reached you through your parents — carried, fed, taught, protected.

☐ 3. One act of ihsan today. A call, a visit, a bill quietly paid for a living parent; the grave-side prayer and charity for one who has passed.

☐ 4. One deed for Allah's pleasure only. Chosen because He would be pleased, not because it will be seen.

☐ 5. Pray forward by name. Use the offspring line for each child by name — or, before children, for the family Allah may give you.

☐ 6. Close in return. One honest sentence of repentance. No bargaining, no tally of good deeds.

7-Day Two-Generation Tracker

Day	One favour through my parents (write it)	My prayer for my offspring (write it)	Done ✓
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

Honest Note — Read Before You Forward

No authentic source gives a fixed count, a set day, or a guaranteed outcome for reciting this verse a specific number of times — not for righteous children, not for parents, not for turning forty. What the sources do give is the verse's own structure: gratitude that looks back two generations, deeds done for Allah's pleasure, a prayer that looks forward one generation, and a return to Him — and the next verse's promise for exactly those people: acceptance, pardon, Paradise (46:16). Recite the dua often, serve your parents while you can, and leave the answer to Allah.

نوٹ: اس آیت کے لیے کسی مستند ماخذ میں کوئی مقررہ تعداد یا مخصوص دن ثابت نہیں — نہ اولاد کے لیے، نہ چالیس سال کی عمر کے لیے۔ اسے دعا کے طور پر پڑھیں، جتنی بار چاہیں، اور اسے والدین کی خدمت اور اولاد کی نیک تربیت کے ساتھ جوڑیں۔ (یہ نوٹ کرنٹ اسلام کا ادارتی ترجمہ ہے۔)

Quick Questions

Must I wait until I turn forty to read this dua?

No. Forty in the verse marks full maturity, the age of taking stock — not a starting age for the prayer. A twenty-five-year-old raising toddlers may need it more than anyone; read it now and keep reading it.

Can I read this dua for my children's guidance?

Yes — its own wording asks Allah to set righteousness in the speaker's offspring, so praying it for your children is praying the verse as written. Pair it with your presence, your example, and a home where the prayer is heard out loud.

What if my parents have already passed away?

The dua still fits you, and so does the command: the Prophet ﷺ taught that the three deeds which outlive a person include "a righteous child who prays for them" — Sahih Muslim 1631.

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