Duas from the Qur'an and Hadith for Protection from Porn Addiction

1. Seeking Refuge from Shaytan's Whispers

📖 **Hadith Source: Sunan Abi Dawood (Hadith 4666)**
🔷 **Arabic:**
اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الشَّيْطَانِ الرَّجِيمِ، وَمِنْ هَمَزَاتِهِ وَنَفْخِهِ وَنَفْثِهِ

🔷 **English Translation:**
"O Allah, I seek refuge in You from the accursed Shaytan, from his whispers, his arrogance, and his evil influence."
📌 **Reference:** Sunan Abi Dawood 4666 (Sahih according to Al-Albani)

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2. Dua of Prophet Yusuf (AS) for Protection from Lust

📖 **Quranic Reference: Surah Yusuf (12:33)**
🔷 **Arabic:**
وَإِلَّا تَصْرِفْ عَنِّي كَيْدَهُنَّ أَصْبُ إِلَيْهِنَّ وَأَكُنْ مِنَ الْجَاهِلِينَ

🔷 **English Translation:**
"And if You do not avert their plot from me, I might incline toward them and [thus] be of the ignorant."
📌 **Quran: Surah Yusuf 12:33**

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3. Dua for Purity and Protection from Evil

📖 **Hadith Source: Sahih Muslim (Hadith 2721)**
🔷 **Arabic:**
اللَّهُمَّ إِنِّي أَسْأَلُكَ الْهُدَى وَالتُّقَى وَالْعَفَافَ وَالْغِنَى

🔷 **English Translation:**
"O Allah, I ask You for guidance, piety, chastity, and sufficiency."
📌 **Reference:** Sahih Muslim 2721 (Authentic)

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4. Dua to Replace Haram with Halal

📖 **Hadith Source: Jami’ at-Tirmidhi (Hadith 3563)**
🔷 **Arabic:**
اللَّهُمَّ اكْفِنِي بِحَلاَلِكَ عَنْ حَرَامِكَ، وَأَغْنِنِي بِفَضْلِكَ عَمَّنْ سِوَاكَ

🔷 **English Translation:**
"O Allah, suffice me with what You have made halal so that I do not turn to haram, and make me independent by Your grace from all others."
📌 **Reference:** Jami’ at-Tirmidhi 3563 (Hasan according to Al-Tirmidhi)

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5. Dua to Strengthen Willpower Against Sin

📖 **Hadith Source: Sahih Muslim (Hadith 2706)**
🔷 **Arabic:**
اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ شَرِّ نَفْسِي وَمِنْ سَيِّئَاتِ أَعْمَالِي

🔷 **English Translation:**
"O Allah, I seek refuge in You from the evil of my own self and from the bad consequences of my deeds."
📌 **Reference:** Sahih Muslim 2706 (Authentic)

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6. Dua for the Light of Faith to Overcome Darkness of Sin

📖 **Hadith Source: Sahih Bukhari (Hadith 6316), Sahih Muslim (Hadith 763)**
🔷 **Arabic:**
اللَّهُمَّ اجْعَلْ فِي قَلْبِي نُورًا، وَفِي بَصَرِي نُورًا، وَفِي سَمْعِي نُورًا، وَعَنْ يَمِينِي نُورًا، وَعَنْ شِمَالِي نُورًا، وَأَمَامِي نُورًا، وَخَلْفِي نُورًا

🔷 **English Translation:**
"O Allah, place light in my heart, in my sight, in my hearing, on my right, on my left, in front of me, and behind me."
📌 **Reference:** Sahih Bukhari 6316, Sahih Muslim 763 (Authentic)

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7. Dua to Seek Forgiveness After Falling into Sin

📖 **Quranic Reference: Surah Al-Qasas (28:16)**
🔷 **Arabic:**
رَبِّ إِنِّي ظَلَمْتُ نَفْسِي فَاغْفِرْ لِي

🔷 **English Translation:**
"My Lord, I have wronged myself, so forgive me."
📌 **Quran: Surah Al-Qasas 28:16**

8. Advice from the Prophet ﷺ for Controlling Desires

📖 **Hadith Source: Sahih Bukhari (Hadith 5066), Sahih Muslim (Hadith 1400)**
🔹 **Arabic:**
يَا مَعْشَرَ الشَّبَابِ مَنِ اسْتَطَاعَ مِنْكُمُ الْبَاءَةَ فَلْيَتَزَوَّجْ، فَإِنَّهُ أَغَضُّ لِلْبَصَرِ وَأَحْصَنُ لِلْفَرْجِ، وَمَنْ لَمْ يَسْتَطِعْ فَعَلَيْهِ بِالصَّوْمِ، فَإِنَّهُ لَهُ وِجَاءٌ

🔹 **English Translation:**
"O young men! Whoever among you can afford to get married, let him do so, for it is more effective in lowering the gaze and guarding one's chastity. And whoever is unable, let him fast, as it will be a shield for him."
📌 **Reference:** Sahih Bukhari 5066, Sahih Muslim 1400 (Authentic)

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9. General Dua for Repentance and Protection

📖 **Hadith Source: Sunan Ibn Majah (Hadith 3845)**
🔹 **Arabic:**
اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنَ الْخَيْرِ كُلِّهِ، عَاجِلِهِ وَآجِلِهِ، مَا عَلِمْتُ مِنْهُ وَمَا لَمْ أَعْلَمْ، وَأَعُوذُ بِكَ مِنَ الشَّرِّ كُلِّهِ، عَاجِلِهِ وَآجِلِهِ، مَا عَلِمْتُ مِنْهُ وَمَا لَمْ أَعْلَمْ

🔹 **English Translation:**
"O Allah, I ask You for all that is good, in this life and the next, what I know and what I do not know. And I seek refuge in You from all that is evil, in this life and the next, what I know and what I do not know."
📌 **Reference:** Sunan Ibn Majah 3845 (Hasan according to Al-Albani)

10. Seeking Refuge from Shaytan's Whispers

📖 **Quranic Verse:**
🔹 **Surah Al-Mu'minun (23:97-98)**
وَقُل رَّبِّ أَعُوذُ بِكَ مِنْ هَمَزَٰتِ ٱلشَّيَٰطِينِ وَأَعُوذُ بِكَ رَبِّ أَن يَحْضُرُونِ

🔹 **English Translation:**
"And say, 'My Lord, I seek refuge in You from the whispers of the devils, and I seek refuge in You, my Lord, lest they be present with me.'"

📌 **Quran: Surah Al-Mu'minun 23:97-98**

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11. Dua of Prophet Yusuf (AS) for Protection from Lust

📖 **Quranic Verse:**
🔷 **Surah Yusuf (12:33)**
وَإِلَّا تَصْرِفْ عَنِّي كَيْدَهُنَّ أَصْبُ إِلَيْهِنَّ وَأَكُنْ مِنَ الْجَاهِلِينَ

🔷 **English Translation:**
"And if You do not avert their plot from me, I might incline toward them and [thus] be of the ignorant."

📌 **Quran: Surah Yusuf 12:33**

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12. Dua for the Light of Faith to Overcome Darkness of Sin

📖 **Quranic Verse:**
🔷 **Surah An-Nur (24:30-31)**
قُل لِّلْمُؤْمِنِينَ يَغُضُّواْ مِنْ أَبْصَـٰرِهِمْ وَيَحْفَظُواْ فُرُوجَهُمْ ذَٰلِكَ أَزْكَىٰ لَهُمْ

🔷 **English Translation:**
"Tell the believing men to lower their gaze and guard their private parts. That is purer for them."

📌 **Quran: Surah An-Nur 24:30**

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13. Dua to Seek Forgiveness After Falling into Sin

📖 **Quranic Verse:**
🔷 **Surah Al-Qasas (28:16)**
رَبِّ إِنِّي ظَلَمْتُ نَفْسِي فَاغْفِرْ لِي

🔷 **English Translation:**
"My Lord, I have wronged myself, so forgive me."

📌 **Quran: Surah Al-Qasas 28:16**

🛠️ Practical Steps to Apply These Duas

1. **Recite these duas** regularly.
2. **Engage in fasting** regularly to discipline desires.
3. **Lower the gaze and avoid triggers** by controlling your environment.
4. **Increase your connection with the Qur'an**, as it purifies the soul.
5. **Make sincere tawbah** if you slip and keep striving for improvement.

May **Allah protect you** from all evil, purify your heart, and grant you steadfastness in faith. **Ameen.**