



Prayers for
Healing



ALPHA INTERNATIONAL WELFARE FOUNDATION

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

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Healing

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Preface

All praise is for Allah, the One who has created us, provided us with countless blessings and bestowed upon us beneficial knowledge. May Allah's peace and blessings be upon His Messenger Muhammad ﷺ, whom He sent as a mercy to mankind, and as a teacher of goodness.

The life of this world, with its trials and tribulations, is only but a test. There is not a single person except that he or she is tested - through sickness and health, worry and relief - but Allah with His all-encompassing mercy never abandons us in our sufferings. During times of illness, when we may feel helpless and sad, Allah has taught us ways to remain hopeful and positive. He encourages us to supplicate to Him, seek His protection and cure, for only Allah alone is the giver of cure and the turner of events.

In your hand is a compilation of supplications related to but not limited to healing, relief from sorrow, and prayers for protection all sourced from the Qur'an and Sunnah. We hope this collection is equally beneficial to our ailing brothers and sisters as well as their families and friends.

Dr. Farhat Hashmi
April 2014





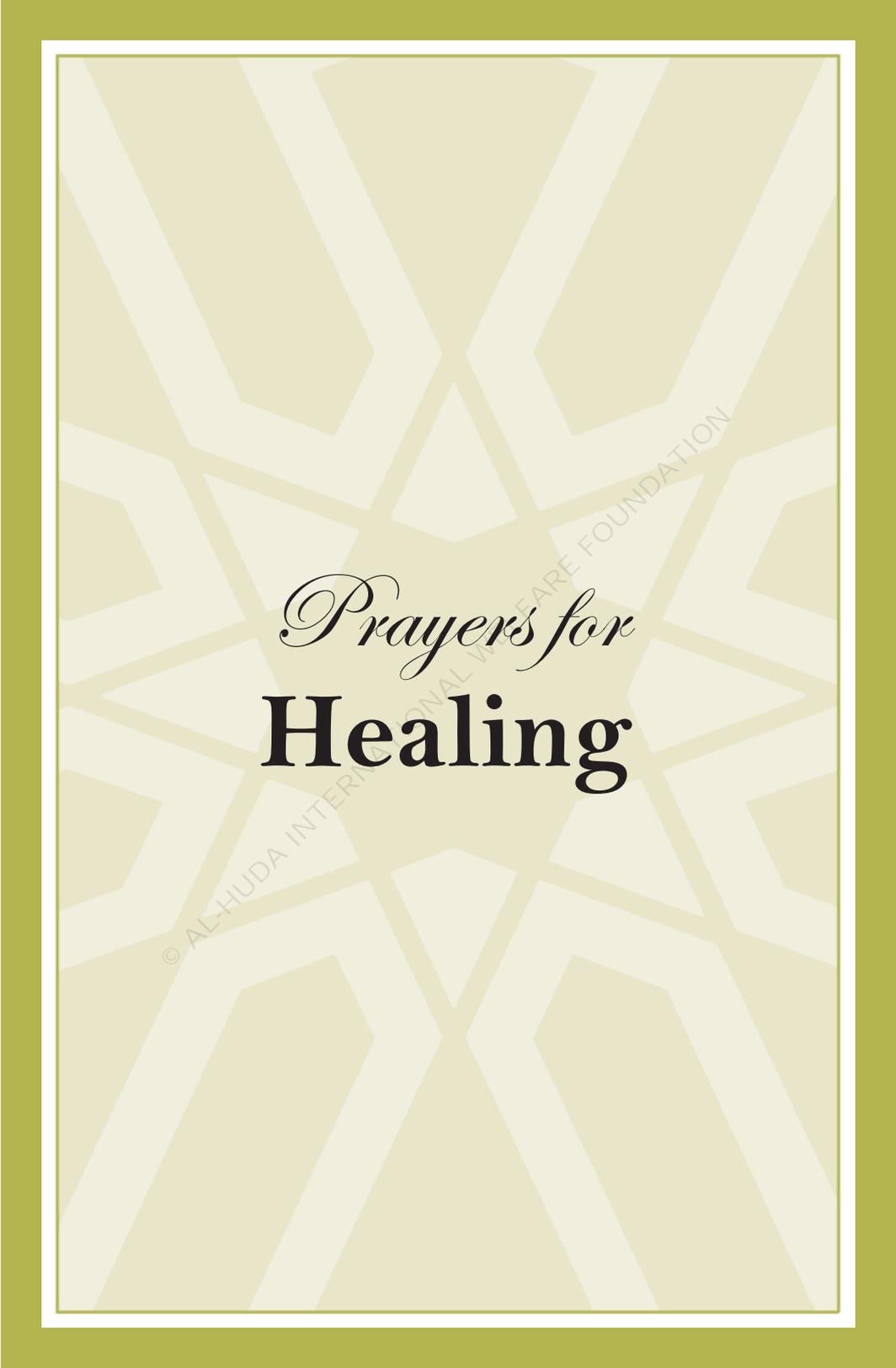
أَنِّي مَسَّنِيَ الضُّرُّ وَأَنْتَ أَرْحَمُ الرَّحِيمِينَ ﴿٨٣﴾

*Indeed, adversity has touched me, and You are
the Most Merciful of the merciful.*

[Al-Anbiya': 83]



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During sickness, a person must remain hopeful of Allah's mercy and healing and benefit from the words that Allah and His Messenger ﷺ have taught for the purposes of seeking cure. Recite the following supplications with hope, sincerity and devotion.

- 1 **Surah al-Fatihah:** Recite the Surah while placing or gently rubbing the hand over the affected area and following it with a blow. [*Ṣaḥīḥ al-Bukhārī: 5733*]

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ ◊ الرَّحْمَنِ الرَّحِيمِ ◊ مَلِكِ يَوْمِ
الدِّينِ ◊ إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ ◊ اهْدِنَا الصِّرَاطَ
الْمُسْتَقِيمَ ◊ صِرَاطَ الَّذِينَ أَنْعَمْتَ عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ
عَلَيْهِمْ وَلَا الضَّالِّينَ ◊ (الْفَاتِحَةُ: 1-7)

*Bismillāhir Raḥmānir Raḥīm. Alḥamdulillāhi Rabbil
‘Ālamīna. Arraḥmānir Raḥīmi. Māliki Yawmid Dīni. Iyyāka
Na’budu wa Iyyāka Nasta’īnu. Ihdinaṣ Ṣirāṭal Mustaqīma.
Ṣirāṭal ladhīna An’amta ‘alaihim Ghairil Maghḍūbi ‘alaihim
waladḌāllīna.*

In the name of Allah, the Entirely Merciful, the Especially Merciful.
(All) praise is (due) to Allah, Lord of the worlds. The Entirely Merciful,
the Especially Merciful. Sovereign of the Day of Recompense. You we
worship and You we ask for help. Guide us to the straight path. The path
of those upon whom You have bestowed favour, not of those who have
evoked anger nor of those who are astray.

2 *Mu'awwidhāt*: These are the last three chapters of the Qur'an and the Prophet ﷺ recited them during his sickness and would blow over himself with them. [*Ṣaḥīḥ al-Bukhārī*: 5016]

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ هُوَ اللَّهُ أَحَدٌ ۝ اللَّهُ الصَّمَدُ ۝ لَمْ يَلِدْ وَلَمْ يُولَدْ ۝ وَلَمْ يَكُنْ

لَهُ كُفُوًا أَحَدٌ ۝ (الإخلاص: 4-1)

Bismillāhir Raḥmānir Raḥīmi. Qul Huwallāhu Aḥadun. Allāhuṣ Ṣamadū. Lam Yalid wa lam Yūlad. Wa lam Yaku(n)l lahū Kufiwan Aḥadun.

In the name of Allah, the Entirely Merciful, the Especially Merciful. Say: He is Allah, the One and Only. Allah, the Eternal Refuge. He neither begets nor is He born. Nor is there to Him any equivalent.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ أَعُوذُ بِرَبِّ الْفَلَقِ ۝ مِنْ شَرِّ مَا خَلَقَ ۝ وَمِنْ شَرِّ غَاسِقٍ إِذَا

وَقَبَ ۝ وَمِنْ شَرِّ النَّفَّاثَاتِ فِي الْعُقَدِ ۝ وَمِنْ شَرِّ حَاسِدٍ إِذَا

حَسَدَ ۝ (الفلق: 5-1)

Bismillāhir Raḥmānir Raḥīmi. Qul A'ūdhu birabbil Falaqi. Min Sharri mā Khalaqa. Wa min Sharri Ghāsiqin Idhā Waqaba. Wa min Sharrin Naffāthāti fil 'Uqadi. Wa min Sharri Hāsidiḥ Idhā Ḥasada.

In the name of Allah, the Entirely Merciful, the Especially Merciful.
Say: I seek refuge in the Lord of the daybreak. From the evil of what He created. And from the evil of darkness when it settles. And from the evil of the blowers in knots. And from the evil of an envier when he envies.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قُلْ أَعُوذُ بِرَبِّ النَّاسِ ۝ مَلِكِ النَّاسِ ۝ إِلَهِ النَّاسِ ۝ مِنْ شَرِّ
الْوَسْوَاسِ الْخَنَّاسِ ۝ الَّذِي يُوَسْوِسُ فِي صُدُورِ النَّاسِ ۝ مِنَ
الْجِنَّةِ وَالنَّاسِ ۝ (الناس: 1-6)

Bismillāhir Raḥmānir Raḥīmi. Qul A'ūdhu birabbīn Nāsi. Malikin Nāsi. Ilāhin Nāsi. min Sharril Waswāsil Khannāsi. Alladhī Yuwaswisu fī Ṣudūrin Nāsi. Minal Jinnati wan Nāsi.

In the name of Allah, the Entirely Merciful, the Especially Merciful.
Say: I seek refuge in the Lord of mankind, the Sovereign of mankind, the God of mankind, from the evil of the retreating whisperer, who whispers [evil] in the chests of mankind, amongst the Jinn and mankind.



3 **Masnun Du'as:** Place hand over the affected area and read the following:

اَمْسَحِ الْبَاسَ رَبِّ النَّاسِ بِيَدِكَ الشِّفَاءُ لَا كَاشِفَ لَهُ إِلَّا أَنْتَ . (صحيح البخارى : 5744)

Imsahil Ba'sa Rabban Nāsi biyadikash Shifā'u lā Kāshifa lahū illā Anta.

O Lord of mankind, remove the distress. In your Hand is all cure, there is no one to relieve it except You.

أَذْهِبِ الْبَاسَ رَبِّ النَّاسِ وَاشْفِ أَنْتَ الشَّافِي لَا شِفَاءَ إِلَّا شِفَاؤُكَ شِفَاءً لَا يُغَادِرُ سَقَمًا . (صحيح مسلم : 5707)

Adh-hibil Ba'sa Rabban Nāsi washfi Antash Shāfī lā Shifā'a illā Shifā'uka, Shifā'a(n) lā Yughādiru Saqaman.

O Lord of mankind! Remove the disease and bring about healing as You are the Healer. There is no healing but Your Healing, a healing that leaves no ailment.

بِسْمِ اللَّهِ . (three times)

أَعُوذُ بِاللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ وَأُحَادِرُ . (صحيح مسلم : 5737)

Bismillāh

A'ūdhu billāhi wa Quدراتihī min Sharri mā Ajidu wa Uḥādiru

In the name of Allah,

I seek refuge in Allah and His Power from the evil that I find and that I fear.

رَبُّنَا اللَّهُ الَّذِي فِي السَّمَاءِ، تَقَدَّسَ اسْمُكَ، أَمْرُكَ فِي
السَّمَاءِ وَالْأَرْضِ، كَمَا رَحِمْتِكَ فِي السَّمَاءِ فَاجْعَلْ
رَحِمَتَكَ فِي الْأَرْضِ، اغْفِرْ لَنَا حُوبَنَا وَخَطَايَانَا، أَنْتَ
رَبُّ الطَّيِّبِينَ، أَنْزِلْ رَحْمَةً مِّنْ رَّحِمَتِكَ، وَشِفَاءً مِّنْ
شِفَائِكَ عَلَيَّ هَذَا الْوَجَعِ. (سنن أبي داود : 3892)

RabbanAllāhal Ladhī fis Samā'i Taqaddasas muka, Amruka fis Samā'i wal Arđi, Kamā Raḥmatuka fis Samā'i. Faj'al Raḥmataka fil Arđi. Ighfir lanā Hūbanā wa Khaṭāyānā, Anta Rabbuṭ Ṭayyibīna, Anzil Raḥmata(n)m mi(n)r Raḥmatika wa Shifā'a(n)m min Shifā'ika 'Alā hādhal Waj'i.

Our Lord Allah Who is in heaven, Your Name is sanctified, Your command is in heaven and on earth; As Your Mercy is in heaven so make Your Mercy on earth. Forgive our faults and our sins. You are the Lord of the good people, bestow some of Your Mercy, and some of Your Cure on this pain that the sick may be cured.

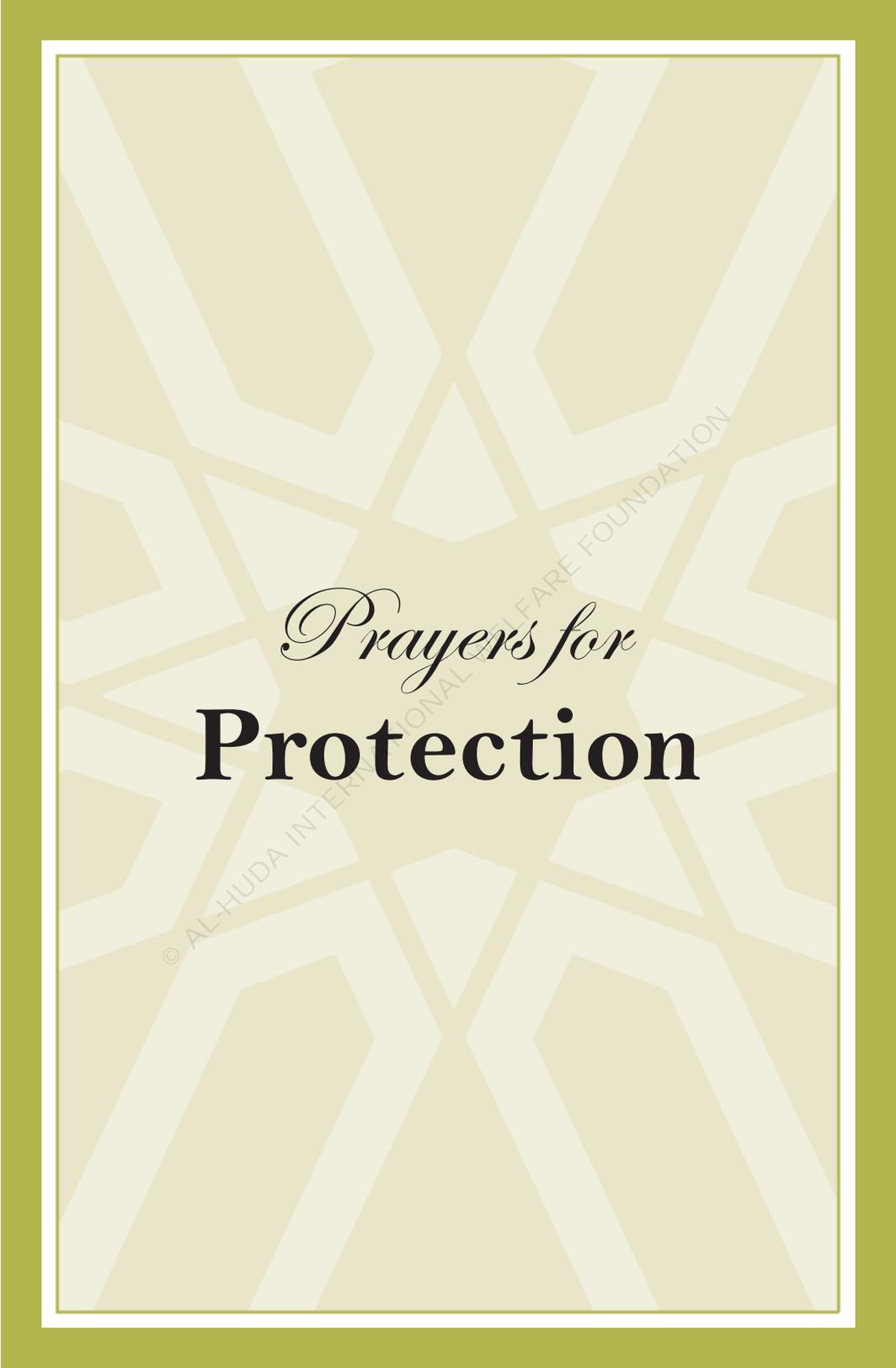
The Messenger of Allah ﷺ said:

مَا أَنْزَلَ اللَّهُ دَاءً إِلَّا أَنْزَلَ لَهُ شِفَاءً

There is no disease that Allah has sent down
except that He also has sent down its treatment.

[Ṣaḥīḥ al-Bukhārī : 5678]





Prayers for
Protection

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During sickness and also after relief from it, one must beg Allah for well-being and seek His protection from all harm. Recite the following:

- 1 **Ayat al-Kursiyy:** This Great and Noble verse comprises of Allah's many Blessed Names and reciting it is a means of protection and safety.

اللَّهُ لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ ۚ لَا تَأْخُذُهُ سِنَةٌ وَلَا نَوْمٌ ۚ لَهُ مَا فِي السَّمَوَاتِ وَمَا فِي الْأَرْضِ ۗ مَنْ ذَا الَّذِي يَشْفَعُ عِنْدَهُ إِلَّا بِإِذْنِهِ ۗ يَعْلَمُ مَا بَيْنَ أَيْدِيهِمْ وَمَا خَلْفَهُمْ ۗ وَلَا يُحِيطُونَ بِشَيْءٍ مِّنْ عِلْمِهِ إِلَّا بِمَا شَاءَ ۗ وَسِعَ كُرْسِيُّهُ السَّمَوَاتِ وَالْأَرْضَ ۗ وَلَا يَئُودُهُ حِفْظُهُمَا ۗ وَهُوَ الْعَلِيُّ الْعَظِيمُ ﴿٢٥٥﴾ (البقرة: 255)

Allāhu lā Ilāha illā Huwal Ḥayyul Qayyūmu, lā Ta'khudhuhū Sinatu(n)w wa lā Nawmun, lahū mā fis Samāwāti wa mā fil Arḍi, man Dhalladhī Yashfa'u 'indahū illā bi Idhnihi, Ya'lamu mā Baina Aidīhim wa mā Khalfahum, wa lā Yuhīṭūna bi Shai'i(n)m min 'Ilmihi illā bimā Shā'a, Wasi'a Kursiyyuhus Samāwāti wal Arḍi, wa lā Ya'ūduhu Ḥifzuhumā, wa Huwal 'Aliyyul 'Azīmu.

Allah - there is no true deity except Him, the Ever-Living, the Sustainer of [all] existence. Neither drowsiness overtakes Him nor sleep. To Him belongs whatever is in the heavens and whatever is on the earth. Who is it that can intercede with Him except by His permission? He knows what is (presently) before them and what will be after them and they encompass not a thing of His knowledge except for what He wills. His *Kursi* extends over the heavens and the earth and their preservation tires Him not. And He is the Most High, the Most Great.

- 2 The last two verses of Surah al-Baqarah: The Prophet ﷺ said, 'Whoever recites the last two verses of Surah al-Baqarah at night, they will be sufficient for him.' [Ṣaḥīḥ al-Bukhārī: 5009]

اٰمَنَ الرَّسُوْلُ بِمَاۤ اُنزِلَ اِلَيْهِ مِنْ رَّبِّهِ وَالْمُؤْمِنُوْنَ كُلُّ
 اٰمَنَ بِاللّٰهِ وَمَلٰٓئِكَتِهِ وَكُتُبِهِ وَرُسُلِهِ ۗ لَا نُفَرِّقُ بَيْنَ اَحَدٍ
 مِّنْ رُّسُلِهِ ۗ وَقَالُوا سَمِعْنَا وَاَطَعْنَا ۗ غُفْرَانَكَ رَبَّنَا
 وَاِلَيْكَ الْمَصِيْرُ ۗ لَا يُكَلِّفُ اللّٰهُ نَفْسًا اِلَّا وُسْعَهَا ۗ لَهَا
 مَا كَسَبَتْ وَعَلَيْهَا مَا اكْتَسَبَتْ ۗ رَبَّنَا لَا تُؤَاخِذْنَا اِنْ
 نَسِيْنَاۤ اَوْ اٰخَطَاْنَا ۗ رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا اِصْرًا كَمَا حَمَلْتَهُ
 عَلٰى الَّذِيْنَ مِنْ قَبْلِنَا ۗ رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهِ ۗ
 وَاَعْفُ عَنَّا ۗ وَغُفْرٰنَا ۗ وَارْحَمْنَا ۗ وَاَنْتَ مَوْلَانَا ۗ

﴿البقرة: 285-286﴾

Āmanar Rasūlu bimā Unzila ilaihi mir Rabbihī wal Mu'minūna. Kullun Āmana billāhi wa Malā'ikatihi wa Kutubihī wa Rusulihī, lā Nufarriqu Baina Aḥadi(n)m mir Rusulihī, wa Qālū Sami'nā wa Aṭa'nā, Ghufrānaka Rabbanā wa ilaikal Maṣīr. lā Yukallifullāhu Nafsan illā Wus'aha, lahā

mā Kasabat wa ‘Alaiha Maktasabat, Rabbanā lā Tu’ākidhnā in Nasīnā aw Akḥṭa’nā, Rabbanā wa lā Taḥmil ‘alainā Iṣran Kamā Ḥamaltahu ‘alalladhīna min Qablinā, Rabbanā wa lā Tuḥammilnā mā lā Ṭāqata lanā bihī, wa’fu ‘annā, waghfir lanā, warḥamnā, Anta Mawlānā fanṣurnā ‘alal Qawmil Kāfirīna.

The Messenger has believed in what was revealed to him from his Lord, and [so have] the believers. All of them have believed in Allah and His angels and His books and His messengers, [saying], “We make no distinction between any of His messengers.” And they say, “We hear and we obey. We seek Your forgiveness, our Lord, and to You is the final destination.” Allah does not charge a soul except [with that within] its capacity. It will have the consequence of what good it has earned, and it will bear the consequence of what evil it has earned. “Our Lord, do not impose blame upon us if we have forgotten or erred. Our Lord, and lay not upon us a burden like that which You laid upon those before us. Our Lord, and burden us not with that which we have no ability to bear. And pardon us; and forgive us; and have mercy upon us. You are our Protector, so give us victory over the disbelieving people.

- 3 **Masnun Du'as:** Repel fears and worries with Allah's complete and most perfect words.

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ. (صحيح مسلم: 6880)

A ‘ūdhu bi Kalimātilāhit Tāmmāti min Sharri mā Khalaqa.

I seek refuge in the complete, perfect words of Allah from the evil of what He has created.

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّةِ مِنْ كُلِّ شَيْطَانٍ وَهَامَّةٍ وَمِنْ
كُلِّ عَيْنٍ لَأَمَّةٍ. (صحيح البخارى: 3371)

A'ūdhu bi Kalimātillāhit Tāmmati min Kulli Shaiṭāni(n)w wa Hāmmati(n)w wa min Kulli 'Aini(n)lLāmmatin.

I seek refuge in the complete, perfect words of Allah from every Satan and poisonous pest and every evil (i.e. harmful, envious) eye.

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ غَضَبِهِ وَعِقَابِهِ وَشَرِّ عِبَادِهِ
وَمِنْ هَمَزَاتِ الشَّيَاطِينِ وَأَنْ يَحْضُرُونِ. (سنن الترمذى: 3528)

A'ūdhu bi Kalimātillāhit Tāmmāti min Ghaḍābihī wa 'Iqābihī wa Sharri 'Ibādihī wa min Hamazātish Shayāṭīni wa a(n)y Yahḍurūni

I seek refuge in the complete, perfect words of Allah from His anger and punishment, and from the evil of His servants and from the whispers and appearance of devils.

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ الَّتِي لَا يُجَاوِزُهَا بَرٌّ وَلَا
فَاجِرٌ مِّنْ شَرِّ مَا يَنْزِلُ مِنَ السَّمَاءِ وَمَا يَعْرُجُ فِيهَا وَمِنْ شَرِّ
فِتَنِ اللَّيْلِ وَالنَّهَارِ وَمِنْ كُلِّ طَارِقٍ إِلَّا طَارِقًا يَّطْرُقُ بِخَيْرٍ
يَّارْحَمَنُ. (المعجم الاوسط للطبرانى، ج: 6، 5411)

A'ūdhu bi Kalimātillāhit Tāmmātil latī lā Yujāwizu Hunna Barru(n)w wa lā Fājiru(n)m min Sharri mā Yanzilu minas

Samā'i wa mā Ya'ruju fihā. wa min Sharri Fitanil Laili wan Nahāri, wa min Kulli Ṭāriqin illā Ṭāriqa(n)y Yaṭruqu bi Khairi(n)yā Raḥmānu.

I seek refuge in the complete, perfect words of Allah which neither the righteous nor the sinful person can exceed, from the evil that descends from the sky and the evil of what ascends in it, and from the trials of the night and the day and from the visitations of the night except for the one that knocks with good, O Merciful One.

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ الَّتِي لَا يُجَاوِزُهُنَّ بَرٌّ وَلَا
فَاجِرٌ مِنْ شَرِّ مَا خَلَقَ وَ ذَرَأَ وَبَرَأَ وَمِنْ شَرِّ مَا يَنْزِلُ مِنَ
السَّمَاءِ وَمِنْ شَرِّ مَا يَعْرُجُ فِيهَا وَمِنْ شَرِّ مَا ذَرَأَ فِي الْأَرْضِ
وَبَرَأَ وَمِنْ شَرِّ مَا يَخْرُجُ مِنْهَا وَمِنْ شَرِّ فِتَنِ اللَّيْلِ وَالنَّهَارِ
وَمِنْ شَرِّ كُلِّ طَارِقٍ إِلَّا طَارِقًا يَطْرُقُ بِخَيْرٍ يَا رَحْمَنُ.

(السلسلة الصحيحة: 840)

A'ūdhu bi Kalimātilāhit Tāmmātil latī lā Yujāwizu Hunna Barru(n)w wa lā Fājiru(n)m min Sharri mā Khalaqa wa Dhara'a wa Bara'a wa min Sharri mā Yanzilu minas Samā'i wa min Sharri mā Ya'ruju fihā. wa min Sharri mā Dhara'a fil Arḍi wa Bara'a wa min Sharri mā Yakhruju minhā wa min Sharri Fitanil Laili wan Nahāri, wa min Sharri Kulli Ṭāriqin illā Ṭāriqa(n)y Yaṭruqu bi Khairi(n)yā Raḥmānu.

I seek refuge in the complete, perfect words of Allah which neither the righteous nor the sinful person can exceed, from the evil of all that He created and from that which He spread and from that which He made and from the evil that descends from the sky and the evil of what ascends in it and from the evil of what is spread in the earth and

what He made and from the evil of what comes out of it and from the trials of the night and the day and from the visitations of the night except for the one that knocks with good, O Merciful One.

اللَّهُمَّ رَبَّ السَّمَاوَاتِ وَرَبَّ الْأَرْضِ وَرَبَّ الْعَرْشِ الْعَظِيمِ
 رَبَّنَا وَرَبَّ كُلِّ شَيْءٍ فَالِقَ الْحَبِّ وَالنَّوَى وَمُنزِلَ التَّوْرَةِ
 وَالْإِنْجِيلِ وَالْفُرْقَانِ، أَعُوذُ بِكَ مِنْ شَرِّ كُلِّ شَيْءٍ أَنْتَ
 آخِذٌ بِنَاصِيَتِهِ، اللَّهُمَّ! أَنْتَ الْأَوَّلُ فَلَيْسَ قَبْلَكَ شَيْءٌ،
 وَأَنْتَ الْآخِرُ فَلَيْسَ بَعْدَكَ شَيْءٌ، وَأَنْتَ الظَّاهِرُ فَلَيْسَ
 فَوْقَكَ شَيْءٌ، وَأَنْتَ الْبَاطِنُ فَلَيْسَ دُونَكَ شَيْءٌ.

(صحيح مسلم: 6889)

*Allāhumma Rabbas Samāwāti wa Rabbal Arḍi wa Rabbal
 'Arshil 'Aẓimi, Rabbanā wa Rabba Kulli Shai'in, Fāliqal
 Ḥabbi wan Nawā, wa Munzilat Tawrāti wal Injīli wal Furqāni,
 A'ūdhubika min Sharri Kulli Shai'in Anta Ākhizu(n)m bi
 Nāṣiyatihi, Allāhumma Antal Awwalu fa laisa Qablaka
 Shai'un, wa Antal Ākhiru fa laisa Ba'daka Shai'un, wa Antaz
 Zāhiru fa laisa Fawqaka Shai'un, wa Antal Bāṭinu fa laisa
 Dūnaka Shai'un.*

O Allah! Lord of the heavens and Lord of the earth and Lord of the great throne, Our Lord and the Lord of everything, One who cleaves the grain and the seed, and One who sent down the Torah and the Gospel and the Criterion, I seek refuge from the evil of everything You have grasped by its forelock. O Allah! You are the First thus there is nothing before You, You are the Final thus there is nothing after You, You are the Ascendant thus there is nothing above You, and You are the Intimate thus there is nothing besides You.

Recite the following three times in the morning and three times in the evening:

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ. (سنن أبي داود: 5088)

Bismillāhil ladhī lā Yaḍurru ma ‘asmihī Shai’ un fil Arḍi wa lā fis Samā’i wa Huwas Samī‘ul ‘Alīmu.

In the name of Allah, by Whose name nothing on the earth or in the heavens can cause harm, and He is the All Knowing, the All-Hearing.

◆ Seeking Protection from the Whispers of Shaitan

Shaitan, who is the greatest enemy of man continuously seeks ways to harm and upset him. At times of sickness, shaitan especially strives to make a person feel sad and worried. The journey to recovery begins with positivity, therefore, in order to repel shaitan's suggestions, seek Allah's protection. In addition to the regular recitation of Ayat al-Kursiyy and Mu’awwidhāt, excessively read:

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ. (صحيح البخارى: 3276)

A‘ūdhubillāhi minash Shaiṭānir Rajīmi

I seek refuge in Allah from shaitan, the accursed.

رَبِّ اَعُوذُبِكَ مِنْ هَمَزَاتِ الشَّيْطَانِ ﴿٩٨-٩٧﴾ وَ اَعُوذُبِكَ

رَبِّ اَنْ يَّحْضُرُوْنَ ﴿٩٨-٩٧﴾ (المؤمنون: 98-97)

Rabbi A'ūdhubika min Hamazātish Shayāṭīni. Wa A'ūdhubika Rabbi a(n)y Yaḥḍurūni.

O My Lord! I seek refuge in You from the incitements of the Satans, and I seek refuge in You, my Lord, lest they be present with me.

اَعُوذُ بِاللّٰهِ السَّمِيعِ الْعَلِيمِ مِنَ الشَّيْطَانِ الرَّجِيمِ مِنْ

هَمَزِهِ وَ نَفْحِهِ وَ نَفْثِهِ . (سنن أبي داود: 775)

A'ūdhu billāhis Samī'il 'Alīmi minash Shaṭānir Rajīmi min Hamzihi wa Nafkhihi wa Nafthihi

I seek refuge in Allah, the All-Hearing, the All-Knowing, from Satan, the rejected, from his incitement, from his blowing, and his spittle.

هُوَ الْأَوَّلُ وَالْآخِرُ وَالظَّاهِرُ وَالْبَاطِنُ ۗ وَهُوَ بِكُلِّ

شَيْءٍ عَلِيمٌ . (الحد يد : 3) (سنن أبي داود: 5110) حسن

Huwal Awwalu wal Ākhiru waẓ Ṣāhiru wal Bāṭinu wa Huwa bi Kulli Shai'in 'Alīmun.

He is the First and the Last, the Ascendant and the Intimate, and He is, of all things, Knowing.

Prayers for Relief from
Sadness & Distress

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While it is natural to feel sad during hardship, excessive sadness can be detrimental to a person. Allah ﷻ repeatedly advises His Messenger ﷺ in the Qur'an to not feel sad. Replace worry with hope and sadness with contentment by reading the following:

اللَّهُ اللَّهُ رَبِّي لَا أُشْرِكُ بِهِ شَيْئًا. (سنن أبي داؤد: 1525)

Allāhu, Allāhu Rabbī lā Ushriku bihī Shai'an

Allah, Allah is my Lord, I do not associate anything with Him.

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ.

(سنن الترمذی: 3505)

Lā Ilāha illā Anta Subhānaka innī Kuntu minaz Zālimīna.

There is no true deity except You; exalted are You. Indeed, I have been of the wrongdoers.

اللَّهُمَّ لَا سَهْلَ إِلَّا مَا جَعَلْتَهُ سَهْلًا وَأَنْتَ تَجْعَلُ الْحَزْنَ

سَهْلًا إِذَا شِئْتَ. (صحيح ابن حبان، ج: 3، 974)

Allāhumma lā Sahla illā mā Ja'altahū Sahla(n)w wa Anta Taj'alul Hazna Sahlan Idhā Shi'ta.

Allah, there is no ease except what You make easy, and You alone can turn a difficulty into an ease, when You please.

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ وَالْعَجْزِ
وَالْكَسَلِ وَالْجُبْنِ وَالْبُخْلِ وَضَلَعِ الدَّيْنِ وَغَلَبَةِ الرِّجَالِ.

(صحيح البخارى: 6369)

*Allāhumma innī A'ūdhubika minal Hammi wal Ḥazani wal
'Ajzi wal Kasali wal Jubni wal Bukhli wa Ḍala'id Daini wa
Ghalabatir Rijāli*

O Allah, I seek refuge in You from anxiety and sorrow, from incapacity and laziness, from cowardice and miserliness, from being burdened by debt and from being overpowered by men.

لَا إِلَهَ إِلَّا اللَّهُ الْعَظِيمُ الْحَلِيمُ، لَا إِلَهَ إِلَّا اللَّهُ رَبُّ الْعَرْشِ
الْعَظِيمِ، لَا إِلَهَ إِلَّا اللَّهُ رَبُّ السَّمَوَاتِ وَرَبُّ الْأَرْضِ وَرَبُّ
الْعَرْشِ الْكَرِيمِ. (صحيح البخارى: 6346)

*Lā Ilāha illallāhul 'Aẓimul Ḥalīmu, lā Ilāha illallāhu Rabbul
'Arshil 'Aẓimi, lā Ilāha illallāhu Rabbus Samāwāti wa Rabbul
Arḍi wa Rabbul 'Arshil Karīmi.*

There is no true deity except Allah, the Most Grand, the Ever Forbearing. There is no true deity except Allah, Lord of the magnificent Throne. There is no true deity except Allah, Lord of the heavens, Lord of the earth and Lord of the noble Throne.

اللَّهُمَّ رَحْمَتَكَ أَرْجُو فَلَا تَكِلْنِي إِلَى نَفْسِي طَرْفَةَ

عَيْنٍ وَاصْلِحْ لِي شَأْنِي كُلَّهُ لَا إِلَهَ إِلَّا أَنْتَ. (سنن أبي داود: 5090)

*Allāhumma Raḥmataka Arjū falā Takilnī ilā Nafsī Ṭarfata
'Aini(n)w wa Aṣliḥ lī Sha 'nī Kullahū lā Ilāha illā Anta.*

O Allah, I hope for Your mercy, so do not entrust me to myself even for as little as a blink of an eye, and set right for me all my affairs. There is no true deity except You.

اللَّهُمَّ إِنِّي عَبْدُكَ، ابْنُ عَبْدِكَ، ابْنُ أُمَّتِكَ، نَاصِيَتِي
بِيَدِكَ، مَاضٍ فِي حُكْمِكَ، عَدْلٌ فِي قَضَائِكَ،
أَسْأَلُكَ بِكُلِّ اسْمٍ هُوَ لَكَ، سَمَّيْتَ بِهِ نَفْسَكَ
أَوْ عَلَّمْتَهُ أَحَدًا مِّنْ خَلْقِكَ أَوْ أَنْزَلْتَهُ فِي كِتَابِكَ
أَوْ اسْتَأْثَرْتَ بِهِ فِي عِلْمِ الْغَيْبِ عِنْدَكَ أَنْ تَجْعَلَ الْقُرْآنَ
رَبِيعَ قَلْبِي وَنُورَ صَدْرِي وَجَلَاءَ حُزْنِي وَذَهَابَ هَمِّي.

(مسند احمد، ج:6، 3712)

*Allāhumma innī 'Abduka, Ibnu 'Abdika, Ibnu Amatika,
Nāṣiyatī Biyadika, Māḍin Fiyya Ḥukmuka, 'Adlun Fiyya
Qaḍā'uka, As'aluka Bikullismīn Huwa laka, Sammaita bihī
Nafsaka, aw 'Allamtahū Aḥada(n)m min Khalqika, aw
Anzaltahu fī Kitābika, Awista'tharta bihi fī 'Ilmil Ghaibi
'indaka, an Taj'alal Qur'āna Rabi'a Qalbī, wa Nūra Ṣadrī, wa
Jalā'a Huznī, wa Dhahāba Hammī*

O Allah, verily I am Your servant, the son of Your servant, the son of your maid-servant. My forelock is in Your hands, Your command continuously prevails over me, Your Decree concerning me is just. I beseech You by every one of Your names: those which You use to refer to Yourself, or have revealed in Your book, or have taught to any one of Your creation, or have chosen to keep hidden with You in the unseen, to make the Qur'an the springtime of my heart, the light of my chest, the dispelling of my grief, and the deportation of my anxiety.

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ. (صحيح الترغيب و الترهيب، ج:2، 1580)

Lā Ḥawla wa lā Quwwata illā billāhi

There is no power or might except with Allah.

يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ. (سنن الترمذی: 3524)

Yā Ḥayyu yā Qayyūmu bi Raḥmatika Astaghīthu

O Ever-Living, O Self Subsisting, by Your Mercy I seek (Your) assistance.

إِنَّمَا أَشْكُو بَثِّي وَحُزْنِي إِلَى اللَّهِ

I only complain of my suffering and my grief to Allah.

[Yusuf: 86]



◆ On Receiving News of Misfortune

To help yourself remain patient and earn Allah's promised reward, upon hearing any difficult news, read the following:

إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ، اللَّهُمَّ أَجْرُنِي فِي مُصِيبَتِي
وَأَخْلِفْ لِي خَيْرًا مِنْهَا. (صحيح مسلم: 2126)

Innā lillāhi wa innā ilaihi Rāji‘ūn, Allāhumma ajurnī fi Muṣībatī wa Akhlif lī Khaira(n) minhā.

Indeed we belong to Allah, and indeed to Him we will return. O Allah, recompense me for my affliction and replace it for me with something better.

The Messenger of Allah ﷺ said,
'Whosoever is inflicted by a misfortune and then says a supplication that Allah has commanded him to say,
إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ اللَّهُمَّ أَجْرُنِي فِي مُصِيبَتِي وَأَخْلِفْ لِي خَيْرًا مِنْهَا
then Allah ﷻ will bestow him with a better substitute.'

[Ṣaḥīḥ Muslim: 2126]



◆ Keeping the Tongue Moist with Allah’s Remembrance

In times of distress, the only way to calm the anxious heart is by remembering Allah:

... أَلَا بِذِكْرِ اللَّهِ تَطْمَئِنُّ الْقُلُوبُ ۝

... Unquestionably, by the remembrance of Allah hearts are assured.

[Al-Ra’d: 28]

Therefore, engage yourself in remembering Allah through the night and day, in times of loneliness and fear.

The Messenger of Allah ﷺ said, ‘Whoever says [the following] one hundred times will get the same reward as given for manumitting ten slaves; and one hundred good deeds will be written in his accounts, and one hundred sins will be deducted from his accounts, and it (his saying) will be a shield for him from Satan on that day till night, and nobody will be able to do a better deed except the one who does more than he.’

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ

الْحَمْدُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ. (صحيح البخارى: 3293)

Lā Ilāha illAllāhu Waḥdahū lā Sharīka lahū, lahul Mulku wa lahul Ḥamdu wa Huwa ‘alā Kulli Shai’ in Qadīrun.

There is no true deity except Allah alone, having no partners. He alone deserves all sovereignty and praise and He is over all things, Fully Competent.





حَسْبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ عَلَيْهِ تَوَكَّلْتُ وَهُوَ رَبُّ الْعَرْشِ الْعَظِيمِ ﴿١٢٩﴾

Sufficient for me is Allah. There is no deity except Him. On Him I have relied, and He is the Lord of the Great Throne.

[Al-Tawbah: 129]



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Prayers for
**Seeking
Forgiveness**

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All sins, whether deliberate or accidental cause increase in the trials of life. To help alleviate that, Allah encourages His servants to repent and repeatedly seek forgiveness. While sickness is not always a result of sin, seeking forgiveness is sure to bring relief from trials and open the doors of mercy and goodness.

The Messenger of Allah ﷺ said: The one who seeks forgiveness abundantly, Allah provides him relief from every grief, and makes a way out for him from every constriction and provides him from where he cannot expect. [Musnad Ahmad: 2234]

Therefore, during times of trial, one must beg Allah for forgiveness and be hopeful of His Kindness, for Allah forgives all sins and loves the repentance of His servant.

قُلْ يٰعِبَادِيَ الّٰذِينَ اَسْرَفُوْا عَلٰٓى اَنْفُسِهِمْ لَا تَقْنَطُوْا مِنْ رَّحْمَةِ اللّٰهِ ۗ
 اِنَّ اللّٰهَ يَغْفِرُ الذُّنُوْبَ جَمِيْعًا ۗ اِنَّهٗ هُوَ الْغَفُوْرُ الرَّحِيْمُ

Say, “O My servants who have transgressed against themselves [by sinning], do not despair of the mercy of Allah. Indeed, Allah forgives all sins. Indeed, it is He who is the Forgiving, the Merciful.”

[al-Zumar: 53]

Read the following frequently:

سُبْحَانَكَ وَبِحَمْدِكَ اَسْتَغْفِرُكَ وَاتُوْبُ اِلَيْكَ.

(صحیح مسلم: 1086)

Subhānaka wa bi Hamdika, Astaghfiruka wa Atūbu ilaika

Glory be to You (O Allah), and all praise be to You! I seek Your forgiveness and turn in repentance to You.

رَبِّ اغْفِرْ لِيْ وَتُبْ عَلَيَّ اِنَّكَ اَنْتَ التَّوَّابُ الرَّحِيْمُ.

(سنن أبى داؤد: 1516)

Rabbighfirlī wa Tub ‘alayya innaka Antat Tawwābur Raḥīmu.

My Lord, forgive me and turn towards me (to accept my repentance).
Verily You are the Accepting of repentance, the always All Merciful.

أَسْتَغْفِرُ اللَّهَ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْحَيُّ الْقَيُّومُ وَأَتُوبُ إِلَيْهِ.

(سنن أبي داؤد: 1517)

Astaghfirullāhal Ladhī lā Ilāha illā Huwal Ḥayyul Qayyūmu wa Atūbu ilaihi.

I seek forgiveness from Allah, there is no true deity except Him. The Ever Living, the Self Subsisting and I turn (in repentance) towards Him.

اللَّهُمَّ اغْفِرْ لِي وَاحْسَأْ شَيْطَانِي وَفَكِّ رِهَانِي وَثَقِّلْ

مِيزَانِي وَاجْعَلْنِي فِي النَّدِيِّ الْأَعْلَى. (المستدرک للحاکم، ج: 2، 2026)

Allāhummaghfirli wa Akhsa' Shayṭānī wa Fukka Rihānī wa Thaqqil Mizānī waj 'alnī fin Nadiyyil A'lā

O Allah forgive me, drive away my Satan, free my soul (from the Hell-fire), make my scales heavy and place me in the highest assembly (i.e. the angels).

اللَّهُمَّ اغْفِرْ لِي خَطِيئَتِي وَجَهْلِي وَاسْرَافِي فِي أَمْرِي
وَمَا أَنْتَ أَعْلَمُ بِهِ مِنِّي، اللَّهُمَّ اغْفِرْ لِي هَزْلِي وَجِدِّي

وَخَطِيئِي وَعَمْدِي وَكُلُّ ذَلِكَ عِنْدِي. (صحيح البخاري: 6399)

Allāhummaghfirli Khaṭī'atī wa Jahlī wa Isrāfī fi Amrī wa mā Anta A'lamu bihī minnī, Allāhummaghfirli Hazlī wa Jiddī wa Khaṭa'ī wa 'Amdī wa Kullu Dhālika 'indī

O Allah, forgive my faults, my ignorance and my excess in my affairs, You are better aware of my faults than myself. O Allah, forgive my faults which I committed in fun or in seriousness, inadvertently or deliberately and all of these (attributes) are within me.

اللَّهُمَّ أَنْتَ رَبِّي، لَا إِلَهَ إِلَّا أَنْتَ، خَلَقْتَنِي وَأَنَا عَبْدُكَ
وَأَنَا عَلَىٰ عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ، أَعُوذُ بِكَ
مِنْ شَرِّ مَا صَنَعْتُ، أَبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ وَأَبُوءُ
بِدُنْبِي فَاغْفِرْ لِي إِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ.

(صحيح البخارى : 6306)

Allāhumma Anta Rabbī, lā Ilāha illā Anta, Khalaqtanī wa Ana 'Abduka, wa Ana 'alā Ahdika wa Wa'dika mastafa'tu A'ūdhubika min Sharri mā Ṣana'tu, Abū'u laka bi Ni'matika 'alayya, wa Abū'u bidha(n)mbī faghfirli innaḥū lā Yaghfirudh Dhunūba illā Anta.

O Allah, You are my Lord; there is no true deity except You. You created me and I am your servant, I am upon your covenant and Your promise to the best of my ability. I seek refuge with you from the evil that I have done. I acknowledge Your bounties upon me and I acknowledge my sin, so forgive me, verily none forgives sins except You.

The Messenger of Allah ﷺ said, 'No Muslim is afflicted with hurt (caused by disease) or some other inconvenience, but that Allah will remove his sins as a tree sheds its leaves.'

[Ṣaḥīḥ al-Bukhārī: 5647]



Prayers when
Visiting the Sick

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Of the rights of the sick is that they be visited and the Messenger of Allah ﷺ also commanded the believers to visit the sick.

However, when visiting the sick one must be sensitive towards their physical and mental condition and only say positive and encouraging words and also make du'a for them. Pray for the sick when visiting them with the following masnūn supplications:

اللَّهُمَّ عَافِهِ / اللَّهُمَّ اشْفِهِ (مسند احمد، ج:2، 637)

Allāhumma 'Āfihī or *Allāhumma shfihī*

O Allah, grant him well-being or O Allah, cure him

لَا بَأْسَ طَهُورٌ إِنْ شَاءَ اللَّهُ . (صحيح البخارى: 5662)

Lā Ba'sa Ṭahūrun in shā' Allāh

No harm, (this illness will be) a purification, if Allah wills.

أَسْأَلُ اللَّهَ الْعَظِيمَ رَبَّ الْعَرْشِ الْعَظِيمِ أَنْ يَشْفِيكَ .

(سنن أبى داؤد: 3106)

As'alullāhal 'Aẓīma Rabbal 'Arshil 'Aẓīmi a(n)y Yashfiyaka

I ask Allah, the Great, Lord of the Magnificent Throne, to cure you.

بِسْمِ اللَّهِ أَرْقِيكَ مِنْ كُلِّ شَيْءٍ يُؤْذِيكَ مِنْ حَسَدِ

حَاسِدٍ وَمِنْ كُلِّ عَيْنٍ اللَّهُ يَشْفِيكَ (سنن ابن ماجه: 3527)

Bismillāhi Arqīka min Kulli Shai'i(n)y Yu'dhīka min Ḥasadi Ḥāsidi(n)w wa min Kulli 'Ainin. Allāhu Yashfika

In the name of Allah, I blow on you (to remove from you) all that harms you, from the envy of an envier, and from every (evil) eye. May Allah cure you.

بِسْمِ اللَّهِ يُبْرِيكَ وَمِنْ كُلِّ دَاءٍ يَشْفِيكَ وَمِنْ شَرِّ
حَاسِدٍ إِذَا حَسَدَ وَشَرِّ كُلِّ ذِي عَيْنٍ . (صحیح مسلم: 5699)

Bismillāhi Yubrīka wa min Kulli Dā'i(n)y Yashfika wa min Sharri Ḥāsidi(n) idhā Ḥasada wa Sharri Kulli Dhī 'Ainin.

In the name of Allah, may He cure you and from every illness heal you, and (protect you) from the evil of one who envies when he envies and from the evil of every one with an (evil) eye.

بِسْمِ اللَّهِ أَرْقِيكَ مِنْ كُلِّ شَيْءٍ يُؤْذِيكَ مِنْ شَرِّ كُلِّ
نَفْسٍ أَوْ عَيْنٍ حَاسِدٍ، اللَّهُ يَشْفِيكَ، بِاسْمِ اللَّهِ أَرْقِيكَ .
(صحیح مسلم: 5700)

Bismillāhi Arqīka min Kulli Shai'i(n)y Yu'dhīka min Sharri Kulli Nafsin aw 'Aini Ḥāsidi(n), Allāhu Yashfika, Bismillāhi Arqīka.

In the name of Allah, I blow on you (to remove from you) from all that harms you, and from the evil of every soul or envious eye; May Allah cure you; in the name of Allah, I blow on you.

- ◆ When visiting the sick, remember to thank Allah for the blessing of health and well-being, by saying:

الْحَمْدُ لِلَّهِ الَّذِي عَافَانِي مِمَّا ابْتَلَاكَ بِهِ وَفَضَّلَنِي عَلَى
كَثِيرٍ مِمَّنْ خَلَقَ تَفْضِيلًا.

*Alḥamdulillāhil Ladhī ‘Āfānī mimmabtalāka bihī wa
Faḍḍalanī ‘alā Kathīri(n)m mimman Khalaqa Tafḍīlan*

All praise is for Allah, Who saved me from that which He tested you with and favoured me over much of His creation.

The Messenger of Allah ﷺ said, ‘No fatigue, nor disease, nor sorrow, nor sadness, nor hurt, nor distress befalls a Muslim, even if it were the prick he receives from a thorn, but that Allah expiates some of his sins for that.’

[Sahih al-Bukhari: 5642]





Al-Huda – At a Glance

Established in 1994, Al-Huda International Welfare Foundation is a registered non-profit organization working to promote authentic Islamic knowledge. Free of any political influence and sectarianism, Al-Huda aims to present a true understanding of the Qur'an and Sunnah and strives for the welfare of the society.

The branches of Al-Huda provide several structured Academic and Social Welfare programs, from community outreach to online courses. A variety of publications and multimedia products are also widely available.

Al-Huda Institute began its first educational program in Islamabad catering to students of all ages and backgrounds. The various courses offered not only increase the students in their awareness and strengthen their knowledge but also help them find inner peace, develop good character and consciously serve humanity by applying and conveying the knowledge they have learnt.

Al-Huda reaches out to the community through various well-arranged welfare services including: Educational Sponsorships, Assistance for Self Employment, Monthly Financial Assistance, Marriage Bureau, Religious and Social Counseling, Funeral Support Services, Ramaḍān Services, Collective Sacrifices on Eid al-Adḥa, Water Supply Service, Monthly Ration and Clothes, Free Medical Camps, Emergency Relief etc.

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The Messenger of Allah ﷺ said,

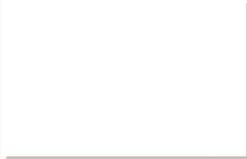
عِظْمُ الْجَزَاءِ مَعَ عِظْمِ الْبَلَاءِ وَإِنَّ اللَّهَ إِذَا أَحَبَّ قَوْمًا ابْتَلَاهُمْ
فَمَنْ رَضِيَ فَلَهُ الرِّضَا وَمَنْ سَخِطَ فَلَهُ السُّخْطُ

“The greatest reward comes with the greatest trial. When Allah loves a people He tests them. Whoever accepts that wins His pleasure but whoever is discontent with that earns His wrath. ”

(Ibn Majah:4031)



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