

SUPPLICATIONS FOR EASE IN LIFE

Supplications for Ease in Daily Affairs

♦ رَبِّ اشْرَحْ لِي صَدْرِي وَيَسِّرْ لِي أَمْرِي

My Lord, expand for me my chest. And ease for me my task. [Tā Hā: 25-26]

♦ اَللّٰهُمَّ لَا سَهْلَ اِلَّا مَا جَعَلْتَهُ سَهْلًا، وَاَنْتَ تَجْعَلُ الْحَزْنَ اِذَا شِئْتَ سَهْلًا.

O Allah, there is no ease except what You make easy, and You alone can turn a difficulty into an ease, when You please. [Al-Silsilah al-Şaḥīḥah: 2886]

Supplications for Rectification of Affairs

♦ رَبَّنَا اِنَّا مِنْ لَدُنْكَ رَحْمَةً وَّهَيْئِ لَنَا مِنْ اَمْرِنَا رَشَدًا

Our Lord, grant us from Yourself mercy and prepare for us from our affair right guidance. [Al-Kahf: 10]

♦ اَللّٰهُمَّ رَحْمَتَكَ اَرْجُوْ فَلَا تَكِلْنِيْ اِلَى نَفْسِيْ طَرْفَةَ عَيْنٍ وَاَصْلِحْ لِيْ شَانِي كُلَّهُ لَا اِلَهَ اِلَّا اَنْتَ.

O Allah, I hope for Your mercy. Do not abandon me to myself even for the blink of an eye and set right for me all my affairs. There is no god but You. [Sunan Abī Dāwūd: 5090]

• اَللّٰهُمَّ اَصْلِحْ لِيْ دِيْنِي الَّذِيْ هُوَ عَصْمَةٌ اَمْرِيْ وَاَصْلِحْ لِيْ دُنْيَايَ الَّتِيْ فِيْهَا مَعَاشِيْ وَاَصْلِحْ لِيْ اٰخِرَتِي الَّتِيْ فِيْهَا مَعَادِيْ وَاَجْعَلِ الْحَيَاةَ زِيَادَةً لِّيْ فِي كُلِّ خَيْرٍ وَاَجْعَلِ الْمَوْتَ رَاحَةً لِّيْ مِنْ كُلِّ شَرٍّ.

O Allah, set right for me my religion which is a source of safeguarding my affairs, and reform for me my world wherein is my livelihood. And set right for me my Hereafter wherein is my return. And make my life a source of abundant goodness and make my death a source of peace from every evil. [*Ṣaḥīḥ Muslim*: 6903]

Supplication for Protection from Affliction

• اَللّٰهُمَّ اَقْسِمْ لَنَا مِنْ خَشْيَتِكَ مَا يَحُولُ بَيْنَنَا وَبَيْنَ مَعَاصِيكَ وَمِنْ طَاعَتِكَ مَا تُبَلِّغُنَا بِهِ جَنَّتِكَ وَمِنْ الْيَقِيْنِ مَا تُهَوِّنُ بِهِ عَلَيْنَا مُصِيبَاتِ الدُّنْيَا وَمَعِينَا بِاَسْمَا عِنَّا وَاَبْصَارِنَا وَقُوَّتِنَا مَا اَحْيَيْتَنَا وَاَجْعَلْهُ الْوَارِثَ مِنَّا وَاَجْعَلْ ثَارَنَا عَلٰى مَنْ ظَلَمْنَا وَاَنْصُرْنَا عَلٰى مَنْ عَادَانَا، وَلَا تَجْعَلْ مُصِيبَتَنَا فِيْ دِيْنِنَا، وَلَا تَجْعَلِ الدُّنْيَا اَكْبَرَ هَمًّا وَلَا مَبْلَغَ عِلْمِنَا، وَلَا تُسَلِّطْ عَلَيْنَا مَنْ لَا يَرْحَمُنَا. [سنن الترمذی: 3502]

O Allah, distribute amongst us such awe and fear of Yourself that it becomes a hindrance between us and Your disobedience. And grant us such obedience of Yourself that enables us to reach Your Paradise. And (grant us) such conviction (in You) that eases upon us the afflictions of this world. (O Allah) benefit us from our hearing, our sight and our physical abilities so long as we live, and make them our heirs (and of benefit after we die). (O Allah) Avenge for us those who wrong us and help us against our enemies. And do not place any difficulties in our religion nor make this world the greatest of our concerns nor the source (and totality) of our knowledge. And do not impose upon us (a tyrant) who has no mercy for us. [*Sunan al-Tirmidhī*: 3502]

Supplication for Protection from a Bad Fate

• اَعُوْذُ بِاللّٰهِ مِنْ جَهْدِ الْبَلَاءِ وَدَرْكِ الشَّقَاءِ وَسُوْءِ الْقَضَاءِ وَشَمَاتَةِ الْاَعْدَاءِ.

I seek refuge in Allah from severe trials and hardships, to be overtaken by misfortune, bad fate, and rejoicing of enemies. [*Ṣaḥīḥ al-Bukhārī*: 6616]

Seeking Well-being

Anas رضي الله عنه said that: The Messenger of Allah ﷺ said, 'Ask Allah for forgiveness and well-being in the world and in the Hereafter, when you find well-being in the world and the Hereafter, you will find success.' [Al-Adab al-Mufrad: 637]

• اللَّهُمَّ إِنِّي أَسْأَلُكَ الْمَعَاةَ فِي الدُّنْيَا وَالْآخِرَةِ.

O Allah, I ask you for well-being in this world and in the Hereafter. [Sunan ibn Mājah: 3851]

The Prophet ﷺ collected his (four) fingers together except his thumb and said, 'Verily in these (four words) is summed up for you (the good) of this world and that of the Hereafter:

• اللَّهُمَّ اغْفِرْ لِي وَارْحَمْنِي وَعَافِنِي وَارْزُقْنِي.

O Allah, forgive me and have mercy on me and protect me and provide me sustenance.

[Saḥīḥ Muslim: 6851]

• اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَافِيَةَ فِي الدُّنْيَا وَالْآخِرَةِ اللَّهُمَّ إِنِّي أَسْأَلُكَ الْعَفْوَ وَالْعَافِيَةَ فِي دِينِي وَدُنْيَايَ وَأَهْلِي وَمَالِي اللَّهُمَّ اسْتُرْ عَوْرَاتِي وَامْنِ رَوْعَاتِي اللَّهُمَّ احْفَظْنِي مِنْ بَيْنِ يَدَيْ وَمِنْ خَلْفِي وَعَنْ يَمِينِي وَعَنْ شِمَالِي وَمِنْ فَوْقِي وَأَعُوذُ بِعَظَمَتِكَ أَنْ أُغْتَالَ مِنْ تَحْتِي. [سنن أبي داود: 5074]

O Allah, verily I ask You for well-being in this world and in the Hereafter. O Allah, I ask You for forgiveness and well-being in my religion and in my worldly affairs and in my family and my wealth. O Allah, veil my defects and calm my fears. O Allah, protect me from the front and from behind and on my right and on my left and from above. And I seek refuge by Your Magnificence from being overwhelmed from under me.

[Sunan Abī Dāwūd: 5074]

Supplication for Expansion

• اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ ضِيقِ الدُّنْيَا وَضِيقِ يَوْمِ الْقِيَامَةِ.

O Allah, verily I seek refuge in You from the constriction of the world and the constriction of the Day of Standing. [Sunan Abī Dāwūd: 5085]

Seeking Goodness of the World and the Hereafter

♦ رَبِّ اِنِّى لِمَا اَنْزَلْتَ اِلَى مِنْ خَيْرٍ فَقِيْرٌ ۝

My Lord, indeed I am, for whatever good You would send down to me, in need.

[Al-Qasas: 24]

♦ رَبَّنَا اٰتِنَا فِى الدُّنْيَا حَسَنَةً وَفِى الْاٰخِرَةِ حَسَنَةً وَقِنَا عَذَابَ النَّارِ.

Our Lord, give us in this world [that which is] good and in the Hereafter [that which is] good and protect us from the punishment of the Fire. [Al-Baqarah: 201]

♦ رَبَّنَا لَا تُؤَاخِذْنَا اِنْ نَسِیْنَا اَوْ اَخْطَاْنَا رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا اَصْرًا كَمَا حَمَلْتَهُ

عَلَى الَّذِیْنَ مِنْ قَبْلِنَا رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهٖ وَاعْفُ عَنَّا وَاعْفِرْ لَنَا

وَارْحَمْنَا اَنْتَ مَوْلَانَا فَانصُرْنَا عَلَى الْقَوْمِ الْكَافِرِیْنَ ۝

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.

[Al-Baqarah: 286]

♦ اَللّٰهُمَّ اغْفِرْ لَنَا وَارْحَمْنَا، وَاٰتِنَا فِى الدُّنْيَا حَسَنَةً وَفِى الْاٰخِرَةِ حَسَنَةً وَقِنَا

عَذَابَ النَّارِ.

O Allah, forgive us and have mercy upon us and give us in this world [that which is] good and in the Hereafter [that which is] good and protect us from the punishment of the Fire.


[Al-Adab al-Mufrad: 633]

♦ اَللّٰهُمَّ اِنِّى اَسْأَلُكَ مِنَ الْخَيْرِ كُلِّهِ عَاجِلِهٖ وَآجِلِهٖ مَا عَلِمْتُ مِنْهُ وَمَا لَمْ

اَعْلَمْ وَاَعُوْذُبِكَ مِنَ الشَّرِّ كُلِّهِ عَاجِلِهٖ وَآجِلِهٖ مَا عَلِمْتُ مِنْهُ وَمَا لَمْ اَعْلَمْ

اَللّٰهُمَّ اِنِّى اَسْأَلُكَ مِنْ خَيْرِ مَا سَاَلَكَ عَبْدُكَ وَنَبِيُّكَ مُحَمَّدٌ صَلَّى اللّٰهُ عَلَيْهِ وَسَلَّمَ






وَأَعُوذُ بِكَ مِنْ شَرِّ مَا عَاذَ مِنْهُ عَبْدُكَ وَنَبِيُّكَ اللَّهُمَّ إِنِّي أَسْأَلُكَ الْجَنَّةَ
وَمَا قَرَّبَ إِلَيْهَا مِنْ قَوْلٍ أَوْ عَمَلٍ وَأَعُوذُ بِكَ مِنَ النَّارِ وَمَا قَرَّبَ إِلَيْهَا مِنْ
قَوْلٍ أَوْ عَمَلٍ وَأَسْأَلُكَ أَنْ تَجْعَلَ كُلَّ قَضَاءٍ تَقْضِيهِ لِي خَيْرًا.

O Allah, indeed I ask You for all the goodness that is hastened (in this world) and that is delayed (for the Hereafter), from what I know and that which I do not know. And I seek refuge in You from all the evil that is hastened (in this world) and that is delayed (for the Hereafter) from what I know and that which I do not know. O Allah, indeed I ask You of all the good which Your servant and prophet, Muḥammad ﷺ asked for. And I seek refuge in You from all evils that Your servant and prophet sought refuge from. O Allah, I ask You for Paradise and those words and actions that will draw me near to it. And I seek refuge in You from the fire and all those words and actions that draw near to it. And I ask You that You make, whatever you have decreed (for me), a means of goodness for me.

[Musnad Aḥmad: 25019]

• اللَّهُمَّ لَكَ الْحَمْدُ كُلُّهُ اللَّهُمَّ لَا قَابِضَ لِمَا بَسَطْتَ وَلَا مُقَرِّبَ لِمَا بَاعَدْتَ
وَلَا مُبَاعِدَ لِمَا قَرَّبْتَ وَلَا مُعْطَى لِمَا مَنَعْتَ وَلَا مَانِعَ لِمَا أَعْطَيْتَ اللَّهُمَّ ابْسِطْ
عَلَيْنَا مِنْ بَرَكَاتِكَ وَرَحْمَتِكَ وَفَضْلِكَ وَرَزْقِكَ اللَّهُمَّ إِنِّي أَسْأَلُكَ
النَّعِيمَ الْمُقِيمَ الَّذِي لَا يَحُولُ وَلَا يَزُولُ اللَّهُمَّ إِنِّي أَسْأَلُكَ النَّعِيمَ يَوْمَ الْعِيلَةِ
وَالْأَمْنِ يَوْمَ الْحَرْبِ اللَّهُمَّ عَائِذَا بِكَ مِنْ سُوءِ مَا أَعْطَيْتَنَا وَشَرِّ مَا مَنَعْتَ مِنَّا.

O Allah, for You is all Praise. O Allah, no one can constrict what You extend, and no one can expand what You constrict. No one can bring close what You distance away, and no one can distance what You bring near. No one can bestow what You prevent and no one can stop what You bestow. O Allah, extend upon us Your blessings, and Your mercy, and Your bounty and Your provisions. O Allah, indeed I ask You for everlasting blessings that neither obstruct (in Your obedience) nor every diminish. O Allah I ask You for blessings on a day of constriction and for peace on a day of war. O Allah, I seek refuge in You from the evil of whatever You have bestowed upon us and from the evil of whatever You have prevented from us. [Al-Adab al-Mufrad: 699]



Cure for Stress

Ubbay bin Ka'b رضي الله عنه narrated that I asked, O Messenger of Allah ﷺ, I send prayers (salaat) upon you a great deal; how much of my supplications should (comprise sending prayers upon) you? He ﷺ said: 'Whatever you wish.' I said: One quarter? He ﷺ said: 'Whatever you wish, and if you do more it is better for you'. I said: Half? He ﷺ said: 'Whatever you wish, and if you do more it is better for you'. I said: Two thirds? He ﷺ said: 'Whatever you wish, and if you do more it is better for you'. I said: Should I make all my supplications (sending prayers) for you? He ﷺ said: 'Then your concerns will be taken care of and your sins will be forgiven'. [Sunan al-Tirmidhi: 2457]

• اَللّٰهُمَّ صَلِّ عَلٰى مُحَمَّدٍ وَعَلٰى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلٰى اِبْرٰهِيْمَ وَعَلٰى
آلِ اِبْرٰهِيْمَ اِنَّكَ حَمِيْدٌ مَّجِيْدٌ اَللّٰهُمَّ بَارِكْ عَلٰى مُحَمَّدٍ وَعَلٰى آلِ مُحَمَّدٍ
كَمَا بَارَكْتَ عَلٰى اِبْرٰهِيْمَ وَعَلٰى آلِ اِبْرٰهِيْمَ اِنَّكَ حَمِيْدٌ مَّجِيْدٌ.

O Allah, send prayers upon Muhammad and the followers of Muhammad ﷺ just as You sent prayers upon Ibrahim and upon the followers of Ibrahim. Verily, You are full of Praise and Majesty. O Allah, send blessings upon Muhammad ﷺ and the followers of Muhammad ﷺ just as you sent prayers upon Ibrahim and upon the followers of Ibrahim. Verily, you are full of Praise and Majesty. [Ṣaḥīḥ al-Bukhārī: 3370]

Supplication for Good End

• اَللّٰهُمَّ اَحْسِنْ عَاقِبَتَنَا فِى الْاُمُوْر كُلِّهَا وَاَجِرْنَا مِنْ خِزْيِ الدُّنْيَا وَعَذَابِ الْاٰخِرَةِ.

O Allah, make the end of all our matters the best and save us from humiliation of the world and the punishment of the Hereafter. [Musnad Aḥmad: 17628]

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