

8 لَا إِلَهَ إِلَّا اللَّهُ الْعَظِيمُ الْحَلِيمُ، لَا إِلَهَ إِلَّا اللَّهُ رَبُّ الْعَرْشِ الْعَظِيمِ،
لَا إِلَهَ إِلَّا اللَّهُ رَبُّ السَّمَاوَاتِ وَرَبُّ الْأَرْضِ رَبُّ الْعَرْشِ الْكَرِيمِ

Laa ilaaha illallāhul ‘adheemul ḥaleem, laa ilaaha illallāhu rabbul ‘arshil ‘adheem, laa ilaaha illallāhu rabbus samaawaati wa rabbul arḍi rabbul ‘arshil kareem.

There is no god but Allāh, the August, the Enduring. There is no god but Allāh, the Lord of the Great Throne. There is no god but Allāh, the Lord of the Heavens and Earth and the Lord of the Throne of Honour.

Sayyiduna ‘Abdullah Ibn ‘Abbās رضي الله عنهما reported that when the Prophet ﷺ was distressed he would recite [the above]. (Muslim#2730) (Also see: Bukhārī #6345)

9 حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ

Ḥasbunallāhu wa ni‘mal-wakeel.

Sufficient for us is Allāh, and [He is] the best Disposer of affairs.” {3:173}

‘Ibrāhīm عليه السلام said: “Allāh is Sufficient for us and He Is the Best Disposer of affairs” when he was thrown into the fire and it was said by Muhammad ﷺ when they said: “A great army is gathering against you, therefore, fear them,” but it only increased their faith and they said: “Allah is Sufficient for us and He is the Best Disposer of affairs.” (Bukhārī #4563)

10 يَا حَيُّ يَا قَيُّوْمُ، بِرَحْمَتِكَ أَسْتَغِيْثُ

Yaa Ḥay-yu yaa Qay-yoom, bi raḥmatika astagheeth.

O You the Everlasting and All-Sustainer, I fervently call upon Your mercy.

Sayyidunā Anas رضي الله عنه reported: “Whenever a matter would distress him, the Prophet ﷺ would say: [the above].” (Tirmidhī #3524)

يَا حَيُّ يَا قَيُّوْمُ، بِرَحْمَتِكَ أَسْتَغِيْثُ، أَصْلِحْ لِيْ شَأْنِيْ كُلَّهُ، وَلَا تَكِلْنِيْ إِلَى نَفْسِيْ طَرْفَةَ عَيْنٍ.

Yaa Ḥay-yu yaa Qay-yoom, bi raḥmatika astagheeth.

Aṣliḥ lee sha’nee kullah. wa laa takilnee ilaa nafsee ṭarfata ‘ayn.

O You the Everlasting and All-Sustainer, I fervently call upon Your mercy. Rectify for me all my affairs and do not leave me in charge of my affairs even for a blink of an eye.

The Noble Prophet ﷺ advised Fāṭimah رضي الله عنها to read [the above] every morning and evening. (Mustadrak Ḥākim #2019)

When reciting, visualise that Allāh’s help, mercy, cure, relief, peace, and tranquility is descending on us.

إِنَّ مَعَ الْعُسْرِ يُسْرًا
Verily, there is ease after every difficulty.
{94:6}



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1 Sūrah Fātiḥah

Also known as The Cure and The Sufficer.
“There is a cure for every illness in Fātiḥah.”
(Sunan Dārimī #3413)

2 اللَّهُ اللَّهُ رَبِّي لَا أُشْرِكُ بِهِ شَيْئًا

Allāhu Allāhu Rabbee laa ushriku bihi shay'aa.

Allāh Allāh is my Lord. I do not associate anything with Him.

Sayyidah 'A'isha رضي الله عنها narrated:

“The Messenger of Allāh ﷺ gathered his household and said: 'When any of you is overcome with sorrow or distress, he should recite [the above].’”

(Ṣaḥīḥ Ibn Ḥibbān-Al Iḥsān, Ḥadīth #864)
(Also see: Abū Dāwūd #1525, Ibn Mājah #3882)

3 Istighfār (Seeking Forgiveness)

Saying 'Astaghfirullāh' أَسْتَغْفِرُ اللَّهَ

Ideally 100 times in the morning and evening.

The Prophet Muhammad ﷺ said: “Whoever persists in asking for forgiveness, Allāh will grant him relief from every worry, a way out from every hardship, and will grant him provision (from sources) he could never imagine.” (Abū Dāwūd #1518) (Muslim #2702)

4 لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ

Laa ḥawla walaa quwwata illaa billaahil 'aliyyil 'adheem
There is no strength nor power except through Allah, Most High, Most Mighty.

“Saying [the above] is a cure for ninety nine sicknesses, the most minor being sorrow/depression.”
(Mustadrak Ḥākim #2009)

5 اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحُزْنِ، وَأَعُوذُ بِكَ مِنَ الْعَجْزِ وَالْكَسَلِ،
وَأَعُوذُ بِكَ مِنَ الْجُبْنِ وَالْبُخْلِ، وَأَعُوذُ بِكَ مِنْ غَلَبَةِ الدَّيْنِ وَقَهْرِ الرِّجَالِ

Allāhumma in-nee a-'udhu bika minal-hammi wal-ḥuzn, wa a-'udhu bika minal-'ajzi wal-kasal, wa a-'udhu bika minal-jubni wal-bukhl, wa a-'udhu bika min ghalabatid-dayni wa qahrir-rijaal.

O Allāh, I seek refuge in You from worry and grief, I seek refuge in You from impotence and laziness, I seek refuge in you from cowardice and miserliness, and I seek refuge in you from overpowering debt and the subduing of men.

“One day, the Messenger of Allāh entered the Masjid, and saw a person from the Anṣār by the name of Abū 'Umāmah رضي الله عنه. He said, 'O Abū 'Umāmah, why is it that I see you sitting in the masjid even though this is not the time for prayer?' He said, '(Because of) misery that has overtaken me, and debts, O Messenger of Allāh.' He said, 'Should I not teach you phrases that, if you say them, Allāh will remove your misery and repay your debt?' He said, 'Yes, O Messenger of Allāh. So, he said, 'Say in the morning and evening (the above du'ā). He said, 'So I did that, and Allāh removed my sorrows, and fulfilled my debts.’”
(Abū Dāwūd #1555) (Also see: Bukhārī #6369)

6 لَا إِلَهَ إِلَّا أَنْتَ، سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

Laa ilaaha illaa Anta subḥaanaka
in-nee kuntu minadh dhaalimeen
None has the right to be worshiped except You, Pure are You.
Indeed I was among the wrongdoers {21:87}

The Prophet Muhammad ﷺ said: “The supplication of Dhun-Nūn (Yūnus عليه السلام) when he supplicated, while in the belly of the whale was: 'Lā ilāha illā Anta subḥānaka innī kuntu minadh dhālimīn'. So verily, no Muslim man ever supplicates with it for anything, except Allāh responds to him.” (Tirmidhī #3505)

7 اللَّهُمَّ رَحْمَتَكَ أَرْجُو، فَلَا تَكِلْنِي إِلَى نَفْسِي طَرْفَةَ عَيْنٍ،
وَأَصْلِحْ لِي شَأْنِي كُلَّهُ، لَا إِلَهَ إِلَّا أَنْتَ

'Allāhumma raḥmataka arjoo, fa laa takilnee ilaa nafsee ṭarfata 'ayn, wa aṣliḥ lee sha'nee kullah, laa ilaaha illaa ant'

O Allah, it is Your mercy that I hope for, so do not leave me in charge of my affairs even for a blink of an eye and rectify for me all my affairs.
None has the right to be worshiped except You.

Sayyidunā Abī Bakrah رضي الله عنه reports that the Prophet ﷺ said: “The du'ā of a distressed person is [the above].” (Abū Dāwūd #5090)