

الاحتمار التي تقال في اوقات الشدة

Invocations supplicated at times of difficulty

[1] On the authority of Ibn `Abbās (ra) who said that the Prophet ﷺ used to invoke Allāh at the time of distress, saying,

”لَا إِلَهَ إِلَّا اللَّهُ الْعَظِيمُ الْحَلِيمُ، لَا إِلَهَ إِلَّا اللَّهُ رَبُّ الْعَرْشِ الْعَظِيمِ،

لَا إِلَهَ إِلَّا اللَّهُ رَبُّ السَّمَوَاتِ وَرَبُّ الْأَرْضِ وَرَبُّ الْعَرْشِ الْكَرِيمِ“

[Bukhārī & Muslim]

[2] Anas (ra) reported that whenever the Prophet ﷺ faced any difficulty, he would say,

”يَا حَيُّ يَا قَيُّوْمُ، بِرَحْمَتِكَ أَسْتَغِيْثُ“

[Tirmizī]

[3] `Ali (ra) reports that the Messenger of Allāh ﷺ dictated to me the following supplication and instructed me to invoke them when inflicted with distress or grief,

”لَا إِلَهَ إِلَّا اللَّهُ الْكَرِيمُ الْعَظِيمُ، سُبْحَانَهُ، تَبَارَكَ اللَّهُ رَبُّ الْعَرْشِ الْعَظِيمِ،

أَلْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ“

[Nasāʾī]

[4] Asmā' bint `Umays (ra) said that the Prophet ﷺ said to me, “Shall I teach you some words to say at times of distress? (You should say),

اللَّهُ اللَّهُ رَبِّي لَا أُشْرِكُ بِهِ شَيْئاً“

[Abū Dāwūd & Ibn Mājah]

[5] Sa`d-bin-Abī Waqqās narrated that the Prophet ﷺ said, “The supplication of Zīn-Nūn (Prophet Yūnus [as]), which he made to Allāh while being in the belly of the whale is,

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

...no Muslim invokes Allāh with this supplication for anything, but his supplication will be responded to.”

[Tirmizī]

[6] Anas (ra) reports that the Prophet ﷺ supplicated,

”اللَّهُمَّ لَا سَهْلَ إِلَّا مَا جَعَلْتَهُ سَهْلًا، وَأَنْتَ تَجْعَلُ الْحَزْنَ إِذَا شِئْتَ

سَهْلًا“

[Kitāb Ibn-as-Sunnī]

[7] Anas (ra) says that he often heard the Prophet ﷺ make supplication with these words,

”اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحَزَنِ وَالْعَجْزِ وَالْكَسَلِ وَالْهَرَمِ

وَالْبُخْلِ وَغَلْبَةِ الدِّينِ وَقَهْرِ الرِّجَالِ“

[Abū Dāwūd]

[8] Abu-ad-Darda (ra) says, “Whoever reads the following supplication upon entering the morning and the evening 7 times, Allāh will suffice any concern of his whether he is speaking the truth or uttering a lie,

حَسْبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ، عَلَيْهِ تَوَكَّلْتُ وَهُوَ رَبُّ الْعَرْشِ الْعَظِيمِ“

[Abū Dāwūd]

[9] ‘Ali (ra) has reported that the Messenger of Allāh ﷺ said, “When you fall into an unpleasant situation invoke,

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ، وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ
...for Allāh will divert through this whatever forms of calamity He wishes.”

[Kitāb Ibn-as-Sunni]

[10] Abu Bakrah (ra) reported that the Prophet ﷺ said, “The supplication of the distressed is,

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

[Abū Dāwūd]

[11] Ibn-‘Umar (ra) reports that the Prophet ﷺ exclaimed, “What prevents any of you from invoking the following while leaving one’s home when livelihood is proving difficult,

بِسْمِ اللَّهِ عَلَى نَفْسِي وَمَالِي وَدِينِي، اللَّهُمَّ رَضِّنِي بِقَضَائِكَ، وَبَارِكْ لِي فِيمَا قُدِّرَ لِي حَتَّى لَا أَحِبَّ تَعْجِيلَ مَا أَخَّرْتَ وَلَا تَأْخِيرَ مَا عَجَّلْتَ“

[Kitāb Ibn-as-Sunni]

[12] Ibn ‘Amr-bin-al-‘Ās (ra) reports that the Prophet ﷺ would teach them to recite at times of anxiety,

”أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّةِ مِنْ غَضَبِهِ وَشَرِّ عِبَادِهِ، وَمِنْ هَمَزَاتِ

الشَّيَاطِينِ، وَأَنْ يَحْضُرُونَ“

[Abū Dāwūd & Tirmizī]

[13] Abu Musa al-Ash’arī (ra) reported that the Prophet ﷺ said: “If one is afflicted with a catastrophe, hardship or grief, and then says, اللَّهُمَّ أَنَا عَبْدُكَ، ابْنُ عَبْدِكَ، ابْنُ أُمَّتِكَ، فِي قَبْضَتِكَ، نَاصِيَتِي بِيَدِكَ،

مَاضٍ فِي حُكْمِكَ، عَدَلٌ فِي قَضَائِكَ، أَسْأَلُكَ بِكُلِّ اسْمٍ هُوَ لَكَ سَمِيَتْ بِهِ نَفْسُكَ، أَوْ أَنْزَلْتَهُ فِي كِتَابِكَ، أَوْ عَلَّمْتَهُ أَحَدًا مِنْ خَلْقِكَ، أَوْ اسْتَأْثَرْتَ بِهِ فِي عِلْمِ الْغَيْبِ عِنْدَكَ أَنْ تَجْعَلَ الْقُرْآنَ نُورَ صَدْرِي، وَرَبِيعَ قَلْبِي، وَجَلَاءَ حُزْنِي، وَذَهَابَ هَمِّي

... Allāh will eradicate his grief and sadness and extend his happiness.”

[Kitāb Ibn-as-Sunni]

[14] CHARITY EXTINGUISHES THE LORD'S ANGER

إِنَّ الصَّدَقَةَ لَتُطْفِئُ غَضَبَ الرَّبِّ وَتَدْفَعُ عَنْ مِيتَةِ السُّوءِ

“Indeed charity extinguishes the Lord's anger and it protects against the evil death.”

[Tirmizī]

[ALL SUPPLICATIONS ON THIS CARD HAVE BEEN DERIVED FROM ‘ALLĀMAH NAWAWI’S (RA) ‘AL-AẒKĀR...’ EXCEPT FOR DU‘ĀS NO. 2, 7 & 14 (ALL NARRATED BY ANAS RA) WHICH ARE DIRECTLY REFERENCED FROM SUNAN-AT-TIRMIZĪ AND ABŪ DĀWŪD (RA)]