



Supplications for Relief

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Sorrow & Distress



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

(100 times) لَا إِلَهَ إِلَّا اللَّهُ

There is no true deity except Allah

[Al-Silsilah Al-Ṣaḥīḥah]

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

There is no power or might except with Allah

[Al-Mustadrak lil Ḥakim]

إِنَّمَا أَشْكُوا بَثِّي وَحُزْنِي إِلَى اللَّهِ

I only complain of my suffering and my grief to Allah

[Yusuf: 86]

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ
مِنَ الظَّالِمِينَ

There is no true deity except You; exalted are You.

Indeed, I have been of the wrongdoers.

[Al-Anbiya': 87]

اللَّهُ اللَّهُ رَبِّي لَا أُشْرِكُ بِهِ شَيْئًا

Allah, Allah is my Lord, I do not associate anything with Him. [Sunan Abū Dawūd]

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

O Allah, There is no ease except what You make easy, and You alone can turn a difficulty into an ease, when You please. [Ṣaḥīḥ Ibn Habbān]

لَا إِلَهَ إِلَّا اللَّهُ الْعَظِيمُ الْحَلِيمُ
لَا إِلَهَ إِلَّا اللَّهُ رَبُّ الْعَرْشِ الْعَظِيمِ
لَا إِلَهَ إِلَّا اللَّهُ رَبُّ السَّمَوَاتِ وَرَبُّ
الْأَرْضِ وَرَبُّ الْعَرْشِ الْكَرِيمِ

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. [Ṣaḥīḥ al-Bukhārī]

وَتَوَكَّلْ عَلَى اللَّهِ وَكَفَى بِاللَّهِ وَكِيلًا

**and rely upon Allah
and sufficient is Allah as Disposer of affairs.**

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