

DUA FOR DISTRESS AND GRIEF

'Abdullah ibn Mas'ood (R.A) said: The Messenger of Allaah (sallAllahu alaihi wasallam) said: "There is no-one who is afflicted by distress and grief, and reads (the following dua) ' but Allaah will take away his distress and grief, and replace it with joy." He was asked: "O Messenger of Allaah, should we learn this?" He said: "Of course; everyone who hears it should learn it."

اللَّهُمَّ إِنِّي عَبْدُكَ ، وَابْنُ عَبْدِكَ ، وَابْنُ أُمَّتِكَ ، نَاصِيَتِي بِيَدِكَ ، مَاضٍ فِيَّ حُكْمُكَ ، عَدْلٌ فِيَّ قَضَاؤُكَ ، أَسْأَلُكَ بِكُلِّ اسْمٍ هُوَ لَكَ سَمِيَتْ بِهِ نَفْسُكَ ، أَوْ عَلَّمْتَهُ أَحَدًا مِنْ خَلْقِكَ ، أَوْ أَنْزَلْتَهُ فِي كِتَابِكَ ، أَوْ اسْتَأْثَرْتَ بِهِ فِي عِلْمِ الْغَيْبِ عِنْدَكَ ، أَنْ تَجْعَلَ الْقُرْآنَ رَبِيعَ قَلْبِي ، وَنُورَ صَدْرِي ، وَجَلَاءَ حُزْنِي ، وَذِهَابَ هَمِّي ،

Allaahumma inni `abduka wa ibn `abdika wa ibn amatika, naasiyati bi yadika maadin fiyya hukmuka `adlun fiyya qadaa`uka, as`aluka bi kulli ismin huwa laka sammayta bihi nafsaka aw `allamtahu ahadan min khalqika aw anzaltahu fi kitaabika aw asta`tharta bihi fi `ilmi al-ghaybi `indaka an taj`al al-Qur`aana rabee`a qalbi wa noor sadri wa jilaa`a huzni wa dhihaaba hammi.

'O Allah, I am Your slave, son of Your slave, son of Your maidservant, my forelock is in Your hand, Your command over me is ever executed and Your decree over me is just. I ask You by every name belonging to You which You have named Yourself with, or which you revealed in Your Book, or which You taught to any of Your creation, or which You have preserved in the knowledge of the Unseen with You, that You make the Qur'an the life of my heart and the light of my breast, and a departure for my sorrow and a release for my anxiety.