

**Ten Supplications
to Be Recited in
Times of Distress**



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

**In the Name of Allah,
the Most Gracious,
the Most Merciful**



((حَسْبِيَ اللهُ وَنِعْمَ الْوَكِيلُ))

Allah is Sufficient for me, and
what an excellent Trustee is He!

(Sahih al-Bukhari, 4563)



((إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ، اللَّهُمَّ أَجْرِنِي
فِي مُصِيبَتِي وَأَخْلِفْ لِي خَيْرًا مِنْهَا))

Verily, to Allah we belong and verily, to Him we shall return. O Allah, reward me for my affliction and replace it for me with that which is better.

(Sahih Muslim, 2/632)



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

There is no deity worthy of worship except Allah, the Almighty, the Forbearing. There is no deity worthy of worship except Allah, the Lord of the Magnificent Throne. There is no deity worthy of worship except Allah, the Lord of the heavens and the Lord of the earth and the Lord of the Noble Throne.

*(Sahih al-Bukhari, 7/154;
Sahih Muslim, 4/2092)*



((اللَّهُ اللَّهُ رَبِّي لَا أُشْرِكُ بِهِ شَيْئًا))

Allah! Allah is my Lord. I
associate no partners with Him.

*(Sunan Abi Dawud, 2/87;
Sahih Ibn Majah, 2/335)*



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

O Allah, it is Your Mercy that I
hope for, so do not entrust me to

myself for even the blink of an eye. And set all my affairs in order. There is no deity worthy of worship except You.

(*Sunan Abi Dawud*, 4/324;
Sahih Abi Dawud, 3/959)



((لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ

مِنَ الظَّالِمِينَ))

There is no deity worthy of worship except You. Glory be to

You! Indeed, I have been among
the wrongdoers.

(*Sunan al-Tirmidhi*, 5/529;
Sahih al-Tirmidhi, 3/168)



((اللَّهُمَّ إِنِّي عَبْدُكَ، ابْنُ عَبْدِكَ، ابْنُ
أُمَّتِكَ، نَاصِيَتِي بِيَدِكَ، مَاضٍ فِي حُكْمِكَ،
عَدْلٌ فِي قَضَاؤِكَ، أَسْأَلُكَ بِكُلِّ اسْمٍ هُوَ
لَكَ، سَمَّيْتَ بِهِ نَفْسَكَ، أَوْ أَنْزَلْتَهُ فِي
كِتَابِكَ، أَوْ عَلَّمْتَهُ أَحَدًا مِنْ خَلْقِكَ، أَوْ

اسْتَأْثَرْتُ بِهِ فِي عِلْمِ الْغَيْبِ عِنْدَكَ، أَنْ
تَجْعَلَ الْقُرْآنَ رَيْعَ قَلْبِي، وَنُورَ صَدْرِي،
وَجَلَاءَ حُزْنِي، وَذَهَابَ هَمِّي))

O Allah, I am Your servant, son of Your male servant, son of Your female servant. My forelock is in Your Hand. Your Command over me is ever executed, and Your Decree concerning me is just. I beseech You by every Name that is Yours, with which You have named Yourself, or revealed in Your Book, or taught to anyone of Your creation, or reserved within the knowledge

of the unseen with You, that You make the Qur'an the springtime of my heart, the light of my chest, the remover of my sorrow, and the dispeller of my anxiety.

(*Musnad Imam Ahmad*, 3712;
Silsilat al-Ahadith al-Sahihah, 199)



((الْحَمْدُ لِلَّهِ عَلَى كُلِّ حَالٍ))

All praise is due to Allah, in every circumstance.

(*Mustadrak al-Hakim*, 1/499;
Sahih al-Jami', 4/201)



((اللَّهُمَّ إِنِّي أَسْأَلُكَ الرِّضَا بَعْدَ الْقَضَاءِ))

O Allah, I ask You for contentment after the decree [has come to pass].

*(Musnad Imam Ahmad, 4/364;
Sahih al-Nasa'i, 1/281)*



((رَبِّ أَعْيِي وَلَا تُعِنِّ عَلَيَّ، وَأَنْصُرْنِي وَلَا
تَنْصُرْ عَلَيَّ، وَأَمْكُرْ لِي وَلَا تَمْكُرْ عَلَيَّ،
وَاهْدِنِي وَيَسِّرِ الْهُدَى إِلَيَّ، وَأَنْصُرْنِي عَلَى
مَنْ بَغَى عَلَيَّ، رَبِّ اجْعَلْنِي لَكَ شَكَارًا،
لَكَ ذِكْرًا، لَكَ رَهَابًا، لَكَ مِطْوَاعًا، لَكَ
مُحِبًّا، إِلَيْكَ أَوَّاهًا، مُنِيبًا، رَبِّ تَقَبَّلْ
تَوْبَتِي، وَاغْسِلْ حَوْبَتِي، وَأَجِبْ دَعْوَتِي،
وَتَبِّتْ حُجَّتِي، وَاهْدِ قَلْبِي، وَسَدِّدْ لِسَانِي،

وَاسْأَلْ سَخِيمَةَ قَلْبِي))

My Lord, aid me and do not aid anyone against me. Grant me victory and do not grant victory to anyone over me. Plot for me and do not plot against me. Guide me and facilitate guidance for me. And grant me victory over whoever transgresses against me.

My Lord, make me for You constantly grateful, constantly mindful, constantly in awe, constantly obedient, constantly humble, constantly supplicating and penitent to You.

My Lord, accept my repentance,
wash away my fault, answer my
call, establish my proof, guide my
heart, make my tongue upright,
and remove the rancor from my
heart.

*(Sunan al-Tirmidhi, 3551;
Sahih al-Adab al-Mufrad, 517)*

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