

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

1

Soothing Litanies & Supplications

From the Qur'an & Sunnah
to relieve stress, anxiety,
difficulties & hardships



Sūrah Fātiḥah

Also known as The Cure and The Sufficer

The Messenger of Allāh صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ

said: “There is a cure for every illness in Fātiḥah.”

(Sunan Dārimī #3413)

إِنَّ فِيهَا لَشَاءًا لَّيَسَّرَ



Verily, there is ease
after every difficulty.
{94:6}

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أَسْتَغْفِرُ اللَّهَ.

[x100]

'Astaghfirullāh

I seek forgiveness from Allāh.

Sayyidunā 'Abdullāh ibn 'Abbās رضي الله عنه narrated that the Messenger of Allāh صلواته وسلامته said: "Whoever persists in asking for forgiveness, Allāh will grant him relief from every worry, a way out of every hardship, and will grant him provision (from sources) he could never imagine."

(Abū Dāwūd #1518)

(Also see: Muslim #2702)

إِنَّمَا كَانَ رِجَالُ النَّبِيِّ صَالِحِينَ



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{94:6}

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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.*

Sayyidatunā 'Ā'ishah رَضِيَ اللَّهُ عَنْهَا said:

“The Messenger of Allāh صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ 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)

اللَّهُ اللَّهُ رَبِّي لَا أُشْرِكُ بِهِ شَيْئًا.



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حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ.

Hasbunallāhu wa ni'mal-wakeel

*Allāh is sufficient for us and [He is]
the best Disposer of affairs. {3:173}*

Sayyidunā 'Abdullāh ibn 'Abbās رضي الله عنه narrated that 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 Muḥammad صلى الله عليه وسلم 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)

اللَّهُمَّ صَلِّ وَسَلِّمْ
وَبَارِكْ عَلَى سَيِّدِنَا مُحَمَّدٍ



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يَا حَيُّ يَا قَيُّوْمُ، بِرَحْمَتِكَ أَسْتَغِيْثُ.

Yaa Hay-yu yaa Qay-yoom, bi rahmatika 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 Messenger of Allāh صلى الله
عليه
وسلم
would say: [the above].”**

(Tirmidhī #3524)

إِنَّمَا كَانَ رِسَالَتَهُ لِيُتْلَىٰ عَلَيْكَ آيَاتِ اللَّهِ وَيُخَبِّرَكَ بِأَخْبَارِ اللَّهِ إِنَّكَ كَانتُمْ تَكْفُرُونَ



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لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ.

Laa ḥawla walaa quwwata illaa
billaahil 'aliyyil 'adheem

*There is no strength nor power except
through Allāh, Most High, Most Mighty.*

**Sayyidunā Abū Hurayrah رضي عنه reported
that the Messenger of Allāh صلى الله
عليه وسلم said:**

**“Saying [the above] is a cure for
ninety-nine sicknesses, the most
minor being sorrow/depression.”**

(Mustadrak Ḥākim #2009)

إِنَّ مَعَ الْعُسْرِ يُسْرًا
إِذَا مَكَاتَ الْبُحْرَانُ
فَإِذَا مَكَاتَ الْبُحْرَانُ



Verily, there is ease
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لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ.

Laa ilaaha illaa Anta subhaanaka
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}*

Ibrāhīm ibn Muḥammad ibn Sa'd narrated from his father, from Sa'd that the Messenger of Allāh ﷺ said: "The supplication of Dhun-Nūn (Yūnus عليه السلام) when he supplicated, while in the belly of the whale was: [the above]. So verily, no Muslim man ever supplicates with it for anything, except Allāh responds to him."

(Tirmidhī #3505)

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ



Verily, there is ease
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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 haleem,
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.*

Sayyidunā 'Abdullāh ibn 'Abbās reported that
when the Messenger of Allāh ﷺ was distressed,
he would recite [the above].

(Muslim#2730)

(Also see: Bukhārī #6345)

اللَّهُمَّ صَلِّ وَسَلِّمْ
وَبَارِكْ عَلَى سَيِّدِنَا مُحَمَّدٍ



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اللَّهُمَّ رَحْمَتَكَ أَرْجُو، فَلَا تَكِلْنِي إِلَى نَفْسِي ظَرْفَةَ 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 Allāh, 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 reported that the Messenger of Allāh صلى الله عليه وسلم said: “The du‘ā’ of a distressed person is [the above].”

(Abū Dāwūd #5090)

اللَّهُمَّ رَحْمَتَكَ أَرْجُو،
وَأَصْلِحْ لِي شَأْنِي كُلَّهُ،
لَا إِلَهَ إِلَّا أَنْتَ.



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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.

Sayyidunā Abū Sa‘īd Khudrī رضي الله عنه narrated that: “One day, the Messenger of Allāh صلى الله عليه وسلم entered the الذي Masjid, and saw a person from the Anṣār by the name of Abū ‘Umāmah . 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)

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