



**Break the Silence:**

**The Central Ohio Faith Community  
Responds to Family Violence**

### **Muslim Du'as, Supplications**

*"No calamity befalls on the earth or in yourselves but it is inscribed in the Book of Decrees- before We bring it into existence." [Surah Al-Hadid – Ayah 22].*

*The Prophet (salallahu alayhi wasallam) said:*

*'Whoever Allah wishes good for, He inflicts him (with hardship).' [at-Tirmidhi]*

Allah has decreed what has happened to us to occur and sometimes we as human beings can't understand this. We cry out "Why is this happening to me? What did I do to deserve this?" Instead, we should say "This is the decree of Allah and whatever He wishes, He does." We will never completely feel at ease until we firmly believe that Allah has already pre-ordained all matters. The pen has dried, the pages have been lifted: all events that shall come to pass have already been written. So do not feel remorse or despair over that which is not in your hands.

For those that are afflicted with hardship, glad tidings await them: so remain patient and happy with your Lord. For with hardship comes elevation, insha'Allah. If you have done all that was in your power and if what you had been striving against takes place, have firm faith that it was meant to be.

### **Istikhara**

On the authority of Jaabir Ibn Abdullah, he said: The Prophet (*salallahu alayhi wasallam*) would instruct us to pray for guidance in all of our concerns, just as he would teach us a chapter from the Qu'ran. He would say "If any of you intends to undertake a matter than let him pray 2 supererogatory rakahs of prayer and after which he would supplicate:

"O Allah, I seek Your guidance [in making a choice] by virtue of Your knowledge, and I seek ability by virtue of Your power, and I ask You of Your great bounty. You have power, I have none. And You know, I know not. You are the Knower of hidden things. O Allah, if in Your knowledge, this matter (then it should be mentioned by name) is good for me both in this world and in the Hereafter (or: in my religion, my livelihood and my affairs), then ordain it for me, make it easy for me, and bless it for me. And if in Your knowledge it is bad for me and for my religion, my livelihood and my affairs (or: for me both in this world and the next), then turn me away from

it, [and turn it away from me], and ordain for me the good wherever it may be and make me pleased with it."

#### Du'a / Supplication for Anxiety or Sorrow

اللَّهُمَّ إِنِّي عَبْدُكَ ابْنُ عَبْدِكَ ابْنُ أَمَتِكَ  
نَاصِيَّتِي بِيَدِكَ ، مَاضٍ فِيَّ حُكْمُكَ ،  
عَدْلٌ فِيَّ قَضَائِكَ أَسْأَلُكَ بِكُلِّ اسْمٍ  
هُوَ لَكَ سَمِيَتْ بِهِ نَفْسِكَ أَوْ أَنْزَلْتَهُ  
فِي كِتَابِكَ ، أَوْ عَلَّمْتَهُ أَحَدًا مِنْ  
خَلْقِكَ أَوْ اسْتَأْثَرْتَ بِهِ فِي عِلْمِ  
الْغَيْبِ عِنْدَكَ أَنْ تَجْعَلَ الْقُرْآنَ رِيْعَ  
قَلْبِي ، وَنُورَ صَدْرِي وَجَلَاءَ حُزْنِي  
وَذَهَابَ هَمِّي .

'O Allah, I am Your servant, son of Your servant, son of Your maidservant, my forelock is in Your hand, Your command over me is forever executed and Your decree over me is just. I ask You by every name belonging to You which You name Yourself with, or revealed in Your Book, or You taught to any of Your creation, or 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.'

#### Du'a / Supplication for One in Distress

اللَّهُمَّ رَحْمَتَكَ أَرْجُو فَلَا تَكِلْنِي إِلَى  
نَفْسِي طَرْفَةَ عَيْنٍ وَأَصْلِحْ لِي شَأْنِي  
كَلَّهُ ، لَا إِلَهَ إِلَّا أَنْتَ .

'O Allah, 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 of my affairs. None has the right to be worshipped except You.'

#### **Du'a / Supplication for One Whose Affairs Have Become Difficult**

اللَّهُمَّ لَأَسْهَلَ إِلَّا مَا جَعَلْتَهُ سَهْلًا  
وَأَنْتَ تَجْعَلُ الْحَزْنَ إِذَا شِئْتَ سَهْلًا .

'O Allah, there is no ease except in that which You have made easy, and You make difficulty, if You wish, easy.'

#### **Du'a / Supplication for One When Stricken with a Mishap or Overtaken by an Affair**

قَدَّرَ اللَّهُ وَمَا شَاءَ فَعَلَ .

*The strong believer is better and more beloved to Allah, than the weak believer and there is goodness in both. Strive for that which will benefit you, seek help from Allah and do not despair. If a mishap should happen to befall you then do not say ' If only I had acted....such and such would have happened'. Rather say:*

'Allah has decreed and what He wills, He does'.

... for verify **'If'** lets in the work of the devil.'

حَسْبِيَ اللَّهُ وَنِعْمَ الْوَكِيلُ.

*Indeed Allah rebukes due to negligence and slackness, but take to determination and caution, and if a matter should overtake you then say:*

'Allah is sufficient for me, and how fine a trustee (He is).'

**Du'a / Supplication for One Afflicted by a Calamity**

إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ اللَّهُمَّ اجْرُنِي  
فِي مُصِيبَتِي وَاخْلُفْ لِي خَيْرًا مِنْهَا.

'To Allah we belong and unto Him is our return. O Allah, recompense me for my affliction and replace it for me with something better.'

#### **Du'a / Supplication When Angry**

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ.

'I take refuge with Allah from the accursed devil.'

#### **Du'a / Supplication When in Fear of a People**

اللَّهُمَّ اكْفِنِيهِمْ بِمَا شِئْتَ.

'O Allah, protect me from them with what You choose.'

#### **Du'a / Supplication When Feeling Some Pain**

(i)

بِسْمِ اللَّهِ. ( ثلاثاً )

(ii)

أَعُوذُ بِاللَّهِ وَقُدْرَتِهِ مِنْ شَرِّ مَا أَجِدُ

وَأُحَازِرُ. ( سبع مرات )

*'Place your hand at the site of the pain and say:*

(i)

*'In the name of Allah' (three times)*

*...then supplicate seven times:*

(ii)

*'I take refuge with Allah and within His omnipotence from the evil that I feel and am wary of.'*

*(Source: Fortification of the Muslim through Remembrance and Supplication from the Qur'an and the Sunnah. Compiled and Referenced by Sa'eed Ibn 'Ali Wahhf Al-Qahtaani.)*