

## Invocations in times of worry, grief and anguish

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

Allaahumma 'innee 'abduka, ibnu 'abdika, ibnu 'amatika, naasiyatee biyadika, maadhin fiyya hukmuka, 'adlun fiyya qadhaa'uka, 'as'aluka bikulli ismin huwa laka, sammayta bihi nafsaka, 'aw 'anzaltahu fee kitaabika, 'aw 'allamtahu 'ahadan min khalqika, 'awista'tharta bihi fee 'ilmil-ghaybi 'indaka, 'an taj'alal-Qur'ana rabee'a qalbee, wa noora sadree, wa jalaa'a huznee, wa thahaaba hammee .

*O Allah, I am Your slave and the son of Your male slave and the son of your female slave. My forehead is in Your Hand (i.e. you have control over me). Your Judgment upon me is assured and Your Decree concerning me is just. I ask You by every Name that You have named*

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*Yourself with , revealed in Your Book , taught any one of Your creation or kept unto Yourself in the knowledge of the unseen that is with You , to make the Qur'an the spring of my heart, and the light of my chest, the banisher of my sadness and the reliever of my distress.*

Reference: Ahmad 1/391 and Al-Albani graded it authentic.

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

Laa 'ilaaha 'illallaahul-'Adheemul-Haleem, laa 'ilaaha 'illallaahu Rabbul-'Arshil-'Adheem, laa 'ilaaha 'illallaahu Rabbus-samaawaati wa Rabbul-'ardhi wa Rabbul-'Arshil-Kareem .

*There is none worthy of worship but Allah the Mighty, the Forbearing. There is none worthy of worship but Allah, Lord of the Magnificent Throne. There is none worthy of worship but Allah, Lord of the heavens and Lord of the earth, and Lord of the Noble Throne.*

Reference: Al-Bukhari 8/154, Muslim 4/2092

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

Allaahumma rahmataka 'arjoo falaa takilnee 'ilaa nafsee tarfata 'aynin, wa 'aslih lee sha'nee kullahu, laa'ilaaha 'illaa 'Anta.

*O Allah, I hope for Your mercy. Do not leave me to myself even for the blinking of an eye (i.e. a moment). Correct all of my affairs for me. There is none worthy of worship but You.*

Reference: Abu Dawud 4/324, Ahmad 5/42. Al-Albani graded it as good in Sahih Abu Dawud 3/959.



لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ  
مِنَ الظَّالِمِينَ.

Laa 'ilaaha 'illaa 'Anta subhaanaka 'innee kuntu minadh-dhaalimeen .

*There is none worthy of worship but You, glory is to You. Surely, I was among the wrongdoers.*

Reference: At-Tirmithi 5/529. Al-Hakim declared it authentic and Ath-Thahabi agreed with him 1/ 505. See also Al-Albani, Sahih At-Tirmithi 3/168.

اللَّهُ اللَّهُ رَبِّ لَا أَشْرِكُ بِهِ شَيْئاً.

Allaahu Allaahu Rabbee laa 'ushriku bihishay'an.

*Allah, Allah is my Lord. I do not associate anything with Him.*

Reference: Abu Dawud 2/87. See also Al-Albani, Sahih Ibn Mdjah 2/335.

