

Du'aa Of The Prophet (ﷺ), For Anyone Who Is Afflicted By Distress & Grief...

'Abd-Allaah ibn Mas'ood (RadiyAllaahu anhu) said: The Messenger of Allaah (ﷺ) said:

مَا أَصَابَ أَحَدًا قَطُّ هَمٌّ وَلَا حَزَنٌ فَقَالَ :
اللَّهُمَّ إِنِّي عَبْدُكَ ، وَابْنُ عَبْدِكَ ، وَابْنُ أَمَتِكَ ،
نَاصِيَتِي بِيَدِكَ ،
مَاضٍ فِيَّ حُكْمُكَ ، عَدْلٌ فِيَّ قَضَاؤُكَ ،
أَسْأَلُكَ بِكُلِّ اسْمٍ هُوَ لَكَ سَمَّيْتَ بِهِ نَفْسَكَ ،
أَوْ عَلَّمْتَهُ أَحَدًا مِنْ خَلْقِكَ ،
أَوْ أَنْزَلْتَهُ فِي كِتَابِكَ ،
أَوْ اسْتَأْتَرْتَهُ بِهِ فِي عِلْمِ الْعَيْبِ عِنْدَكَ ،
أَنْ تَجْعَلَ الْقُرْآنَ رَيْعَ قَلْبِي ، وَنُورَ صَدْرِي ،
وَجَلَاءَ حُزْنِي ، وَذَهَابَ هَمِّي
إِلَّا أَذْهَبَ اللَّهُ هَمَّهُ وَحُزْنَهُ وَأَبْدَلَهُ مَكَانَهُ فَرَجًا .
فَقِيلَ : يَا رَسُولَ اللَّهِ ، أَلَا نَتَعَلَّمُهَا ؟
فَقَالَ : بَلَى ، يَنْبَغِي لِمَنْ سَمِعَهَا أَنْ يَتَعَلَّمَهَا

“There is no-one who is afflicted by distress and grief, and says:

O Allaah, I am Your slave, son of Your slave, 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 have named Yourself with,
or You taught to any of Your creation,
or revealed in Your Book,
or You have preserved in the knowledge of the Unseen with You,
that You make the Qur'aan the spring of my heart and the light of my chest,
and departure for my sorrow and a release for my anxiety,
except that 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.”

[Narrated by Ahmad (3704); Classed as Saheeh by al-Albaani in al-Silsilah as-Saheehah, 199].