

# Duas for Hardship and Success

# Why do we face trials in this life?

- An **expiation** for our sins.
- A means of **raising our status** in the sight of our Lord.
- It can be a form of **spiritual elevation**.
- A means of **attaining closeness** to Allah SWT.
- It may be needed for us to **grow** as human beings.

# Scholars have said that our trials are:

- Filled with **subtle blessings** that we do not realise are there.
- That we should put our **trust in Allah SWT** and **accept His decree** while fully striving to reduce our difficult situation.
- That we should focus on **being content with Allah's Qadr** by seeking His reward and remaining steadfast in our faith.
- Reminding ourselves **that our situation could always be so much worse.**
- **Remembering** that the tribulations and sufferings in this world are **nothing** compared to the eternal life after death.
- Sometimes, the suffering in this world can be a **guide** of how little we will be able to bear the sufferings of the next world.

# Trials:

- Allah SWT Says:

**“Perhaps you may hate something, yet it proves better for you” (Quran 2:216).**

- The Prophet SAW confirmed this when he said:

**“How amazing is the believer’s affair! Allah decrees nothing for the servant except that it is good for him.” - (Ahmed)**

- The Sahaba, Hadrat Umar R.A. highlighted some the blessings of trials when he said,

**“I was never afflicted with a trial except that with it Allah gave me four blessings: it was not in my religion; I was not barred from being content; it was not worse than it was; and I hoped for reward through it.”**

# Duas:

- Ibn Al-Qayyim defined dua as:
- **“Asking what is of benefit to the person, and asking the removal of what is harming him, or the repelling of it (before it inflicts him).”**
- Allah SWT grants us justice against any oppressor, assuring us that the oppressed person’s dua is answered, even if the oppressed is a disbeliever! The Prophet SAW mentioned:
- **“Allah says, ‘Beware of the supplication of the oppressed, even if he is an unbeliever, for there is no barrier between it and Allah.’” - Ahmad**

## Dua #1:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحُزْنِ وَالْعَجْزِ  
وَالْكَسَلِ وَالْبُخْلِ وَالْجُبْنِ وَضَلَعِ الدَّيْنِ وَغَلَبَةِ  
الرِّجَالِ

Allahumma inni a'udhu bika minal-hammi, wal-Huzni wal-'ajazi wal-kasli wal-bukhli wal-jubni wa ḍala'id-dayni wa ghalabatir-rijal.

**“O Allah, I take refuge in You from anxiety and sorrow, weakness and laziness, miserliness and cowardice, the burden of debts and from being overpowered by men.” (Bukhari)**

- This dua is to safeguard us from despair, sadness, anxiety, laziness, and low iman

## Dua #2:

اللَّهُمَّ اكْفِنِي بِحَلَالِكَ عَنْ حَرَامِكَ،  
وَاعْزِزْنِي بِفَضْلِكَ عَمَّنْ سِوَاكَ

Allaahumma-k-finee bihalaalika 'an haraamika wa 'aghninee bifadhlika 'amman siwaaka.

**“O Allah, suffice me with what You have allowed instead of what You have forbidden, and make me independent of all others besides You.” (Tirmidhi)**

- This dua is for times of debt and job loss

## Dua #3:

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

Allahumma rahmataka arju fala takilni ila nafsi tarfata ‘aynin wa aslih li sha’ni  
kullahu la ilaha ila anta

**“O Allah, I hope for Your mercy. Do not leave me to myself even for a blink of an eye. Correct all of my affairs for me. There is none worthy of worship except You.”**

- This dua is one of the supplications of the distressed. The Prophet SAW advised his daughter, Fatima RA, to say it in the morning and evening.

## Dua #4:

اللَّهُمَّ لَا سَهْلَ إِلَّا مَا جَعَلْتَهُ سَهْلًا وَأَنْتَ  
تَجْعَلُ الْحَزْنَ إِذَا شِئْتَ سَهْلًا

Allahumma la sahla illa maa ja'altahu sahlana, wa Anta taj'alu l-hazna idha shi'ta sahla.

**“O Allah! There is no ease except that which You make easy, and indeed You, when You want, make difficulties easy.” - (Sahih Ibn Hibban)**

- This dua is to ask our merciful Lord to make our affairs easy.

## Dua #5:

لا إِلَهَ إِلَّا اللَّهُ الْعَلِيمُ الْحَلِيمُ لَا إِلَهَ إِلَّا اللَّهُ رَبُّ  
الْعَرْشِ الْعَظِيمِ لَا إِلَهَ إِلَّا اللَّهُ رَبُّ السَّمَاوَاتِ وَرَبُّ  
الْأَرْضِ رَبُّ الْعَرْشِ الْكَرِيمِ

La ilaha illa Allahu l-Alimu l-Halim. La ilaha illa Allahu Rabbu l-Arshi l-Azim. La ilaha illa Allahu Rabbu s-samawati wa Rabbu l-ardi wa Rabbu l-Arshi l-Karim.

**“There is no deity but Allah, the Knowing, the Clement. There is no deity but Allah, Lord of the Magnificent Throne. There is no deity but Allah, Lord of the heavens and Lord of the earth and Lord of the Noble Throne.” - (Bukhari)**

- The Prophet PBUH would say this dua when in distress.

## Dua #6:

بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّ مَعَ اسْمِهِ شَيْءٌ فِي  
الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ

Bismillahil-ladhi la yadurru ma'as-mihi shai'un fil-ardi wa la fis-sama'i, wa Huwas-Sami'ul-'Alim

**“In the name of Allah with whose Name nothing on earth or in Heaven harms and He is the All-Hearing the All-Knowing.”**

- The Prophet PBUH said: “There is no one who says in the morning of every day and the evening of every night ‘In the name of Allah with Whose name nothing can harm on earth or in heaven, and He is the All-Hearing, All-Knowing)’, three times but nothing will harm him.” - (Abu Dawood)

## Dua #7:

حَسْبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ عَلَيْهِ تَوَكَّلْتُ وَهُوَ رَبُّ  
الْعَرْشِ الْعَظِيمِ

Hasbiyallaahu laa 'ilaaha 'illaa Huwa 'alayhi tawakkaltu wa Huwa Rabbul- 'Arshil -  
'Adheem

**“Allah is sufficient for me. There is none worthy of worship but Him. I have placed my trust in Him, He is Lord of the Majestic Throne.” (Sahih)**

- This is a beautiful dua to say when someone hurts you or you are suffering from heartache because you are reminded that only Allah SWT never disappoints.

## Dua #8:

إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ، اللَّهُمَّ اجْرِنِي فِي  
مُصِيبَتِي، وَأَخْلِفْ لِي خَيْرًا مِنْهَا

‘Innaa lillaahi wa 'innaa 'ilayhi raaji'oon, Allaahumma'-jurni fee museebatee wa 'akhliflee khayran minhaa.

**“We are from Allah and unto Him we return. O Allah take me out of my plight and bring to me after it something better.”**

- This dua is a reminder that we are vulnerable beings and are only successful by the Grace of Allah SWT. Only he can take us out of our plights and make our lives better.

## Dua #9:

يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ

Ya Hayyu Ya Qayyum! Bi rahmatika astagheeth!

**“O Living and Eternal Sustainer! By Your mercy I seek relief!” - (Tirmidhi)**

- You say this dua to seek relief, assistance, and salvation from danger or distress. When the Prophet PBUH would be afflicted with a stressful trial, he would say this dua.

## Dua #10:

اللَّهُمَّ قَنِّعْنِي بِمَا رَزَقْتَنِي ، وَبَارِكْ لِي فِيهِ ،  
وَاخْلُفْ عَلَيَّ كُلَّ غَائِبَةٍ بِيْخَيْرٍ

Allahuma qanieni bima razaqtani , wabarik li fih , wakhluף ealaa kuli ghayibat  
bikhayr

**“O Allah, make me content with what you have provided me, send blessings for me therein, and replace for me every absent thing with something better.” -  
(Bukhari)**

## Dua #11:

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

La ilaha illa Anta, Subhanaka, inni kuntu mina z-zalimin.

**“There is no deity but You. Glory be to You! Verily, I have been among the wrongdoers.” - (Quran 21:87)**

- This is the supplication of Prophet Yunus A.S who called on Allah SWT while he was in the belly of the whale. The Prophet PBUH said:

"No Muslim person says it, for any situation whatsoever, except that Allah Most High answers his call." - (Tirmidhi)

## Dua #12:

رَبِّ ابْنِ لِي عِنْدَكَ بَيْتًا فِي الْجَنَّةِ

Rabbib ni lee ‘indaka baytan fil Jannah

**“My Lord! Build for me a home with You in Paradise...”**

- Her full dua was:

**“My Lord! Build for me a home with You in Paradise and save me from Fir`awn and his work, and save me from the people who are wrongdoers.” - (Quran 66:11)**

- This is the dua that Queen Asiya (R.A) made to Allah SWT when her own husband, the evil Pharoah was torturing her and was about to crush her by a giant rock to her death. She called upon Allah SWT with this dua and He took her life away before the rock touched her.

Sourced from: <https://www.zakeeyaali.com/blog/the-duas-i-say-for-hardship>