

In the name of ALLAH, the most Beneficent, the most Merciful

If you are receiving this pack because you have been diagnosed with Covid19, we ask ALLAH, may HE be Exalted and Glorified, to grant you and whoever else is ill, complete and perfect shiffa. If you are receiving this pack for any other reason, may ALLAH (SWT) put khair (goodness) in it for whoever it reaches, ameen. In a time where there is a great degree of uncertainty, worry, grief, anxiety, and fear, to mention just a few of the array of emotions that we are going through, we should turn our focus to the immeasurable hikmah (wisdom) and mercy of the Lord who created mercy. The same Lord who sent this affliction to us, can send us cure, and even if cure is not destined, the beauty and blessing of being the servant of ALLAH, is the fact that everything ALLAH decrees for the believer, whether in ease or hardship, will be good for them. If he/she experiences ease, he/she remains grateful and is rewarded, undoubtedly. If he/she experiences hardship or calamity, he/she remains patient and is rewarded, undoubtedly.

There are many evidences in the Quraan and Hadith of the Prophet (SAW) that gives us insight into the wisdom behind difficult situations/trials (will be listed later on in this document). ALLAH (SWT) may test a person with a calamity/difficulty so that he/she will reach a lofty status that HE (SWT) has decreed for him/her in jannah, his/her previous sins are expiated and it is regarded as requital for those sins in this world, so the requital will not be repeated for him in the Hereafter. ALLAH (SWT) tests those whom HE loves most. We hear this often, but if we reflect upon its meaning, we will see that ALLAH (SWT) always wants good for us.

We know of many difficulties that were experienced by the Prophets of ALLAH. The example of Ayyub (AS), who ALLAH (SWT) tested with his health and family for many years. There was not a part of his body that was not afflicted by some form of illness for a very long time (with the exception of his heart and tongue). Prophet Ibraheem (AS) was also severely tested in terms of being thrown into the fire and also in terms of being asked to sacrifice his beloved son, both times he exercised patience and submitted to ALLAH (SWT), and ALLAH (SWT) cooled the fire for him and replaced his son (from being sacrificed) with a ram. Another example is when ALLAH (SWT) tested Yunus (AS) with being swallowed into the belly of the fish, and in the depth of the ocean's darkness, within a further darkness of the belly of the whale, ALLAH (SWT) heard the prayer of Yunus (AS). We can use the current situation of being isolated from the people we love, in the darkness of our confined rooms, to remember that it was in the dark belly, all alone that our beloved Nabi Yunus (AS) called out to ALLAH (SWT) using the famous dua that we all use today "laa ilaaha illa anta, subhaanaka inni kuntu minazhaalimeen" and ALLAH, The Exalted, heard his plea and can hear ours too.

If we look into the Seerah of our Nabi (SAW) we will find countless evidences of his tests too and we realise that ALLAH, in His infinite wisdom and mercy, knows who will handle what level of difficulty, for we know that HE (SWT) has assured us in the noble Quraan, that HE (SWT) will never burden us with what we cannot bear. So dear brother/sister, do not despair, when your test is harder, it is because ALLAH (SWT) knows your level of forbearance and strength. ALLAH, may HE be Glorified and Exalted, may want to raise in status the believer who exercises patience, so HE (SWT) tests them with calamity or difficulty and if they accept it and bear it patiently, then he/she will be given the reward of those who are patient in the Hereafter, and be amongst those who are recorded as one of the victorious and successful. SubhanAllah. We ask ALLAH, The Almighty, to grant us all the honour of being from among those who are victorious. Ameen. Below is a list of some of the authentic Hadith and verses from the Quraan which highlight ALLAH's (SWT) infinite wisdom regarding trials, which will

bring a sense of tranquillity to your heart and mind, knowing that this is not merely words of motivation, but the Truth from ALLAH (SWT), the Lord of the Worlds.

In The Noble Quraan, ALLAH (SWT) says:

“We test you with evil and with good as trial, and to Us you will be returned” (Surah Al-Anbiya 21:35)

“We tried them with both good and evil that they might return” (Surah Al-A’raf 7:168)

“Do they not see that they are tried every year once or twice but then they do not repent nor do they remember”? (Surah At-Tawbah 9:126)

“O my son, establish prayer and enjoin good and forbid evil and be patient over what befalls you. Verily, those are matters requiring determination” (Surah Luqman 31:17)

"Seek Allah's help with patient perseverance and prayer. It is indeed hard except for those who are humble." (Surah Al Baqarah 2:45)

"Oh you who believe! Seek help with patient perseverance and prayer, for God is with those who patiently persevere." (Surah Al-Baqarah 2:153)

“Unquestionably, the help of ALLAH, is near “ (Surah Al-Baqarah 2:214)

"Be sure We shall test you with something of fear and hunger, some loss in goods, lives, and the fruits of your toil. But give glad tidings to those who patiently persevere. Those who say, when afflicted with calamity, 'To Allah we belong, and to Him is our return.' They are those on whom descend blessings from their Lord, and mercy. They are the ones who receive guidance." (Surah Al-Baqarah 2:155-157)

“No one beside ALLAH, can rescue a soul from hardship” (Surah An-Najm 53:58)

“ALLAH does not burden a soul beyond that it can bear” (Surah Al-Baqarah 2: 286)

“For indeed with hardship [will be] ease. Indeed with hardship [will be] ease “ (Surah Ash-Sharh 94: 5&6)

“ And whoever fears ALLAH, HE will make for him a way out, and will provide for him from where he does not expect. And whoever relies upon ALLAH- then HE is sufficient for him. Indeed ALLAH will accomplish HIS purpose. ALLAH has already for everything a [decreed] extent” (Surah At-Talaq 65:2-3)

Below are some of the authentic Hadith of the Prophet (SAW) in this regard:

Muhammad ibn Khalid as-Sulami: on his father's authority said his grandfather reported, he was a Companion of the Messenger of Allah (SAW), he said: I heard the Messenger (SAW) say: "If a certain status has previously been decreed by ALLAH for a person, and he does not attain it by his deeds, ALLAH afflicts him in his body or wealth or children." [Abu Dawood, (3090)].

Sa'd ibn Abi Waqqaas (RA) (said): I said: O Messenger of ALLAH, who among the people are most sorely tested? He said: "The Prophets, then the next best and the next best. A man will be tested according to his level of religious commitment. If his religious commitment is solid, his test will be more severe, but if there is any weakness in his religious commitment, he will be tested according to his level of religious commitment. And calamity will continue to befall a person until he walks on the earth with no sin on him." [at-Tirmidhi (2398)].

Suhaib (RA) reported: The Prophet (SAW), said: Wondrous is the affair of the believer for there is good for him in every matter and this is not the case with anyone except the believer. If he is happy, then he thanks ALLAH and thus there is good for him, and if he is harmed, then he shows patience and thus there is good for him. [Sahih Muslim (2999)]

Anas ibn Malik (RA) reported: The Messenger of ALLAH, peace and blessings be upon him, said: I am amazed by the believer. Verily, ALLAH does not decree anything for the believer except what is good for him. [Musnad Ahmad (12495)]

Abu Huraira reported: The Messenger of ALLAH, peace and blessings be upon him, said: If ALLAH intends good for someone, then He afflicts him with trials. [Sahih Bukhari (5321)]

Mus'ad ibn Sa'eed reported: The Messenger of ALLAH, peace and blessings be upon him, said, The servant will continue to be tried until he is left walking upon the earth without any sin. [Sunan At-Tirmidhi (2398)]

Sa'd ibn Abi Waqqas reported: The Messenger of ALLAH, peace and blessings be upon him, said: I am amazed by the believer. If he is granted goodness, he praises ALLAH and is grateful. If he is afflicted with a calamity, he praises ALLAH and is patient. The believer is rewarded for every matter, even lifting a morsel of food to his wife's mouth. [Musnad Ahmad (1495)]

Abu Huraira reported: The Messenger of Allah, peace and blessings be upon him, said: When Allah decreed the creation, He wrote in His Book which is with Him on His Throne: My mercy prevails over My wrath [Sahih Bukhari (3022)]

Anas ibn Malik reported: The Prophet, peace and blessings be upon him, said, If ALLAH puts the Muslim servant to trial in his body, ALLAH says: Record his righteous deeds for him that he used to do. If he is healed, he will wash and cleanse himself. If his soul is taken, he will be forgiven and shown mercy. [Musnad Ahmad (12503)]

The Prophet (peace and blessings of Allaah be upon him) said: "No misfortune or disease befalls a Muslim, no worry or grief or harm or distress – not even a thorn that pricks him – but Allaah will expiate for some of his sins because of that." [Narrated by al-Bukhaari, (5641)]

It was narrated that Anas (may ALLAH be pleased with him) said: The Messenger of ALLAH (blessings and peace of ALLAH be upon him) said: “If ALLAH wills good for His slave, He hastens his punishment in this world, and if He wills bad for His slave, He withholds from him (the punishment for) his sin, until He requites him for it on the Day of Resurrection.” [at-Tirmidhi (2396)]

It was narrated from Anas ibn Maalik (may ALLAH be pleased with him) that the Prophet (blessings and peace of ALLAH be upon him) said: “Great reward comes with great trials. When ALLAH loves a people, He tests them, and whoever accepts it attains His pleasure, whereas whoever shows discontent with it incurs His wrath.” [at-Tirmidhi (2396)]

The Prophet (blessings and peace of ALLAH be upon him) said: “Nothing befalls a believer, a (prick of a) thorn or more than that, but Allaah will raise him one degree in status thereby, or erase a bad deed.” [al-Bukhaari (5641) and Muslim (2573)].

The above stated are *only some* of the Quraanic verses and Hadith which serve as a reminder and upliftment in a time of much need inshAllah. Below are *a few* (there are more which you could refer to) authentic Duas from the Quraan and Sunnah which will be of great benefit. For more Quraanic and authentic sunnah duas and protective adkhaars, download the App Hisnul Muslim onto your phone from the app store. A pic has been posted below to show you how the app looks. May ALLAH Ash-Shaafi grant you protection and healing.



A few adkhaar and duas for protection and healing from the Quraan and Sunnah

- The last three Surahs of the Quraan:

Imam Malik recorded from Aishah (RA) that whenever the Prophet (SAW) was suffering from an ailment, he would recite the Mu'awwidhatayn (surahs Falaq and Naas) over himself and blow (over himself). Then if his pain became severe, Aishah (RA) said that she would recite the surahs over him and take his hand and wipe it over himself seeking the blessing of those Surahs. [Al-Bukhari, Abu Dawud, An-Nasa'I and

Ibn Majah all recorded this Hadith] (from the book Hisnul Muslim/Fortress of the Muslim)

- Surah Al Fatiha- A Powerful and encompassing Ruqya

It was narrated from Abu Sa'eed al-Khudri (RA) that some of the companions of the Prophet (peace and blessings of Allah be upon him) came to one of the Arab tribes. They asked them for hospitality but they refused to welcome them. Whilst they were like that, the chief of that tribe was stung. They said: 'Do you have any remedy or someone who can recite ruqyah?' They said: 'You did not offer us hospitality, so we will not do anything until you give us something in return.' Then they agreed upon a flock of sheep. Then he started to recite the Essence of the Qur'an – i.e., Surah al-Faatihah – and he collected his saliva and spat at him (at the site of the injury), and he recovered. The sheep were brought and they (the companions) said: We will not take them until we ask the Prophet (peace and blessings of Allaah be upon him). So they asked him and he smiled and said: "How did you know that it is a ruqyah? Take them and give me a share of them." [al-Bukhaari, (5404); Muslim, (2201)]

- Dua for Anxiety and Sorrow

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ وَالْحُزْنِ، وَالْعَجْزِ وَالْكَسَلِ وَالْبُخْلِ وَالْجُبْنِ، وَضَلْعِ الدَّيْنِ وَغَلْبَةِ الرِّجَالِ

O Allah, I seek refuge in you from grief and sadness, from weakness and from laziness, from miserliness and from cowardice, from being overcome by debt and overpowered by men (i.e. others). [Al-Bukhari 7/158. See also Al-Asqalani, Fathul-Bari 11/173]

- Dua of Yunus (AS)

Sa'd ibn Waqas reported that the Prophet ﷺ said, "The supplication made by the Companion of the Fish (Prophet Yunus 'alaihissalam) in the belly of the fish was,

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

"There is none worthy of worship but You, You are far exalted and above all weaknesses. Surely, I was among the wrongdoers". If any Muslim supplicates in these words, his supplication will be accepted." In another narration, he ﷺ said, "I know words that will cause Allah to remove one's distress. These are the words (of supplication) of my brother Yunus, peace be upon him." [Tirmidhi]

- When the Prophet ﷺ felt any distress, he would say:

"Ya Hayy Ya Qayyūm, bi-Rahmatika astagheeth."

'O Ever-Living, O Sustainer, in Your Mercy I seek relief.' (Tirmidhi)

- The dua of Musa (AS)

رَبِّ إِنِّي لِمَا أَنْزَلْتَ إِلَيَّ مِنْ خَيْرٍ فَقِيرٌ

My Lord, indeed I am, for whatever good You would send down to me, in need. [Quran, 28:24]

- Dua for protection from diseases:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْبَرَصِ، وَالْجُنُونِ، وَالْجُدَامِ، وَمِنْ سَيِّئِ الْأَسْقَامِ

Allah humma inni a'udhu bika minal-barasi, wal-jununi, wal-judhaami, wa min sayyi'il-asqaami

"O Allah, I seek refuge in You from leprosy, insanity, elephantiasis, and the worst of diseases." [Abu Dawud]

- Dua for leaving the house and being protected

The Prophet Muhammad (ﷺ) said, "Whoever says upon leaving his house:

بِسْمِ اللَّهِ، تَوَكَّلْتُ عَلَى اللَّهِ، وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

Bismillaahi, tawakkaltu 'alallaahi, wa laa hawla wa laa quwwata illaa billaah

"In the Name of Allah, I have placed my trust in Allah; there is no might and no power except by Allah."

It will be said to him: 'You are guided, defended and protected.' The devil will go far away from him." [Abu Dawud]

- Dua for protection against calamities

اللَّهُمَّ احْفَظْنِي مِنْ بَيْنِ يَدَيْ، وَمِنْ خَلْفِي، وَعَنْ يَمِينِي، وَعَنْ شِمَالِي وَمِنْ فَوْقِي، وَأَعُوذُ بِعَظَمَتِكَ أَنْ أُغْتَالَ مِنْ تَحْتِي

Allah humma'h fathny min bayne yaday wa min khalfi, wa'an yameeny wa 'an shimaly, wa min fawqi, wa a'uthu bi 'athamatika an ughtala min tahty

"O Allah protect me from my front, behind me, from my right and my left, and from above me, and I seek refuge in Your Magnificence from being taken unaware from beneath me. [Ibn Majah]

- Dua for healing and good health

اللَّهُمَّ رَبَّ النَّاسِ ، أَدْهِبِ الْبَأْسَ ، وَاشْفِ ، أَنْتَ الشَّافِي لَا شِفَاءَ إِلَّا شِفَاؤُكَ ، شِفَاءٌ لَا يُغَادِرُ سَقَمًا

Allah humma Rabban-naas, adhhibil-ba's, washfi antash-Shaafi laa shifaa'a illaa shifaa'uka shifaa'an laa yughaadiru saqamaa

"O Allah, Lord of mankind, do away with my suffering. Heal (me) as You are the only Healer and there is no cure except that of Yours, it is that which leaves no ailment behind" [Bukhari and Muslim]

- Dua for protection from every evil to be read thrice morning and evening

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّاتِ مِنْ شَرِّ مَا خَلَقَ

A'udhu bi kalimaa ti-llaahi taam-maati min sharri ma khalaq

"I seek protection in the perfect words of Allah from every evil that has been created." [Muslim]

- Dua for protection from all calamity

"He who recites three times every morning and evening:

"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 there is protection against every kind of harm in the earth or in the heaven, and He is the All-Hearing and All-Knowing),'

"nothing will harm him." [Abu Dawud and At-Tirmidhi]

Whoever recites this three times in the morning will not be afflicted by any calamity before evening. And whoever recites this three times in the evening will not be afflicted by any calamity before morning [Tirmidhi, Abu Dawud]

- Dua for protection from calamities

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ جَهْدِ الْبَلَاءِ، وَدَرَكِ الشَّقَاءِ، وَسُوءِ الْقَضَاءِ، وَشَمَاتَةِ الْأَعْدَاءِ

Allaahumma 'innee 'a'oothu bika min jahdil-balaa'i, wa darakish-shaqaa'i, wa soo'il qadhaa'i, wa shamaatatil-'a'ada.

"O Allaah, I seek refuge in You from the anguish of tribulation, the lowest depths of misery, the bad of what is decreed and the malice of enemies" (Al-Bukhari 7/155, and Muslim 4/2080 (The wording is that of the narration found in Al-Bukhari)