



وَذَكْرٌ فِي إِنَّ الذِّكْرَ يَتَنَفَّعُ الْمُؤْمِنُونَ

Wa zakkir fa innaz zikraa tanfa'ul mu'mineen

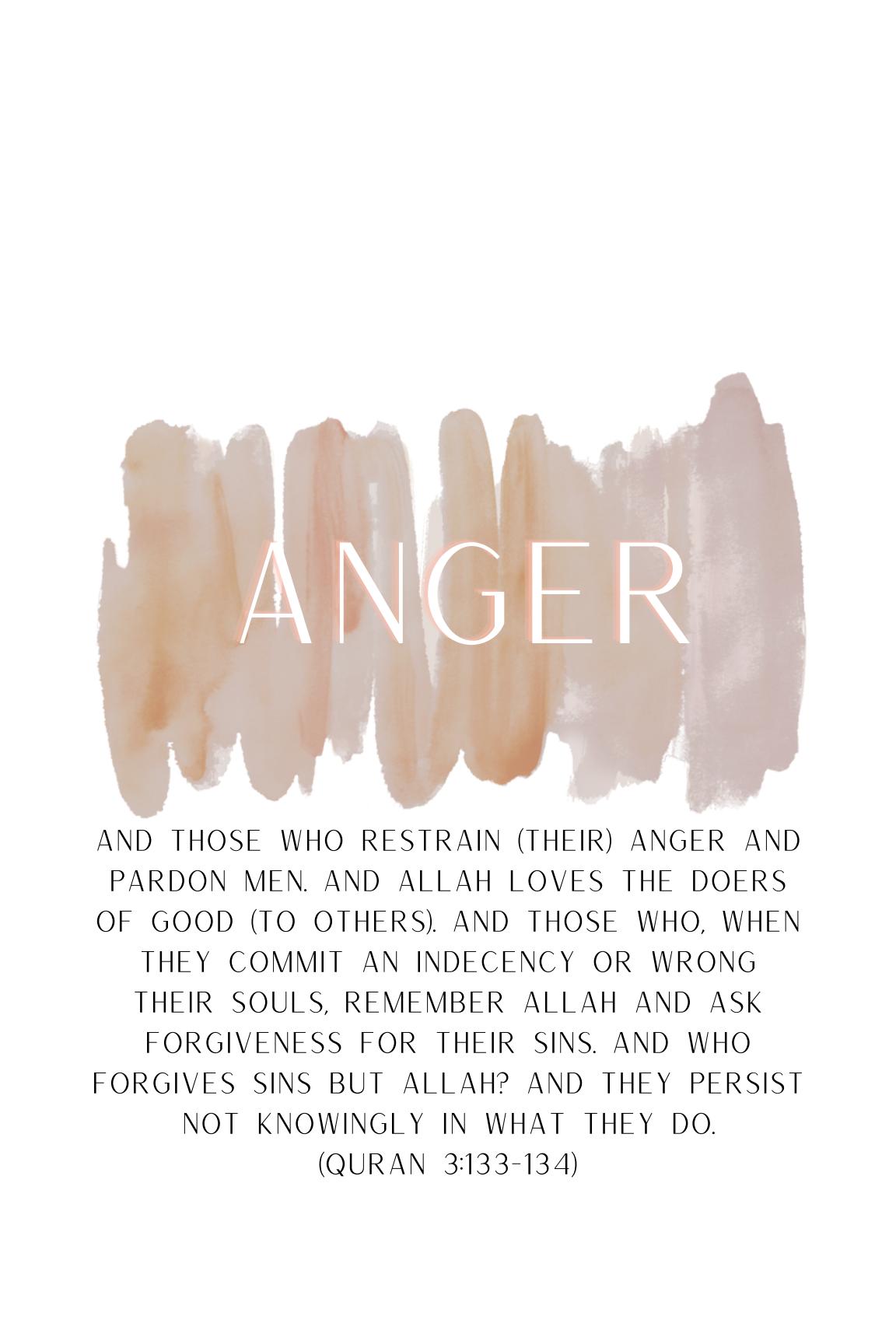
AND REMIND, FOR INDEED, THE REMINDER  
BENEFITS THE BELIEVERS.

(QURAN 51:55)

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# I AM FEELING

ANGRY  
ANXIOUS  
AROUSED  
CONFUSED  
CONFIDENT  
CURIOS  
DEFEATED  
DEPRESSED  
DESPERATE  
DISBELIEF  
DOUBTFUL  
ENvious  
GRATEFUL  
GUILTY  
HAPPY  
HATRED  
HUMILIATED  
HURT  
IMPAITENT  
INDECISIVE  
INSECURE  
IRRITATED  
JEALOUS  
LAZY  
LONELY  
NERVOUS  
OFFENDED  
PEACEFUL  
RAGE  
REGRETFUL  
SATISFIED  
UNCERTAIN  
WEAK



# ANGER

AND THOSE WHO RESTRAIN (THEIR) ANGER AND PARDON MEN. AND ALLAH LOVES THE DOERS OF GOOD (TO OTHERS). AND THOSE WHO, WHEN THEY COMMIT AN INDECENCY OR WRONG THEIR SOULS, REMEMBER ALLAH AND ASK FORGIVENESS FOR THEIR SINS. AND WHO FORGIVES SINS BUT ALLAH? AND THEY PERSIST NOT KNOWINGLY IN WHAT THEY DO.

(QURAN 3:133-134)

اللَّهُمَّ أَذْهِبْ غَيْظَ قَلْبِي

Allahumma azhib Gaydha Qalbee

OH ALLAH, REMOVE ANGER FROM MY HEART.

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

A'oothu billaahi minash-Shaytaanir-rajeem

I SEEK REFUGE WITH ALLAH AGAINST THE SATAN, THE OUTCAST.

رَبَّنَا اغْفِرْلَنَا وَلَا خَوَانِنَا الَّذِينَ سَبَقُونَا<sup>١</sup>  
بِالْإِيمَانِ وَلَا تَجْعَلْ فِي قُلُوبِنَا غِلَامَ  
لِلَّذِينَ آمَنُوا رَبَّنَا إِنَّكَ رَءُوفُ رَّحِيمٌ

Rabbana-ghfir lana wa li ikhwaninal-laziina sabaquuna bil-iman, wa laa taj-al fii quluubina ghillal-lil lazina aamanuu, rabbanaa innaka raufur-rahim

OUR LORD! FORGIVE US AND OUR FELLOW BELIEVERS WHO PRECEDED US IN FAITH, AND DO NOT ALLOW ANY RESENTMENTS INTO OUR HEARTS TOWARDS THOSE WHO BELIEVE. OUR LORD! INDEED, YOU ARE EVER GRACIOUS, MOST MERCIFUL.

(SURAH AL-HASHR, 59:10)

A large, horizontal watercolor brushstroke serves as the background for the word "ANXIOUS". The brushstrokes are layered and overlap, creating a textured, organic feel. The colors used are various shades of orange, red, and brown, with some darker purple and blue tones on the right side.

BE SURE THAT ALLAH IS YOUR PROTECTOR  
- THE BEST TO PROTECT AND THE BEST TO  
HELP  
(QURAN 8:40)

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ  
الظَّالِمِينَ

La ilaha illa anta Subhanaka Inni Kuntu Minazalimeen.

THERE IS NO DEITY EXCEPT YOU; EXALTED ARE YOU.  
INDEED, I HAVE BEEN OF THE WRONGDOERS.  
(SURAH AL ANBIYA 21:87)

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ جَهَنَّمِ الْبَلَاءِ وَدَرْكِ  
الشَّقَاءِ وَسُوءِ الْقَضَاءِ وَشَمَائِثِ الْأَعْذَاءِ

'Allaahumma 'innee 'a'oothu bika min jahdil-balaa'i, wa  
darakish-shaqa'i, wa soo'il qadhaa'i, wa  
shamaatatal-'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  
(SAHIH AL BUKHARI #6347)

وَتَوَكَّلْ عَلَى اللَّهِ وَكَفِيلًا

Wata wakkal alal laa, wa ka-faa billaahi wakeelaa

"AND PUT YOUR TRUST IN ALLAH(SWT); AND SUFFICIENT IS  
ALLAH(SWT) AS A TRUSTEE/DISPOSEE OF AFFAIRS."  
(THE HOLY QURAN 33:3)



# AROUSED

"OUR LORD! BLESS US WITH SPOUSES AND  
OFFSPRING WHO WILL BE THE JOY OF OUR  
HEARTS, AND MAKE US MODELS FOR THE  
RIGHTEOUS"

(QURAN 25:74)

اللهم اطفئ نار الشهوات من  
قلبي ، واصرف عنه كل شئ  
لا يرضيك عنى

Allahumma itfa' naara ash-shahawaati min  
qalbee, wa asrid aanhu kulla shay' la yardeek

OH ALLAH! EXTINGUISH THE FIRE OF  
DESIRES IN MY HEART AND REDIRECT MY  
HEART TO ALL THAT WHICH PLEASES YOU.

اللَّهُمَّ آتِنَفْسِي تَقْوَاهَا وَزَكْرَهَا أَنْتَ  
خَيْرُ مَنْ زَكَّاهَا أَنْتَ وَلِيُّهَا وَمَوْلَاهَا

Allāhumma Ati Nafsī Taqwaha wa Zakkiha Khayru  
man Zakkaha Anta Waliyyuha wa Mawlahu

O ALLAH GIVE MY HEART ITS PIETY  
AND PURIFY IT, FOR YOU ARE THE BEST WHO  
CAN PURIFY IT YOU ARE ITS PROTECTOR AND  
GUARDIAN

(RIYAD AS-SALIHIN 1479)

A large, horizontal watercolor brushstroke serves as the background for the word "CONFUSED". The brushstroke is composed of several vertical strokes in shades of orange, red, and brown, with some white space visible between them.

# CONFUSED

"THEY PLOT AND PLAN, AND ALLAH TOO  
PLANS; BUT THE BEST OF PLANNERS IS  
ALLAH  
(QURAN 8:30)

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ جَهَدِ الْبَلَاءِ،  
وَدَرَكِ الشَّقَاءِ، وَسُوءِ الْقَضَاءِ، وَشَمَاتَةِ  
الْأَعْذَاءِ

Allahumma inni a'uzu bika min jahdil-bala', wa  
darki shaqa', wa su'il-qadha', wa shamatalil-  
a'da

"O ALLAH, I SEEK REFUGE IN YOU FROM SEVERE  
CALAMITY, FROM MISERY TO FALL UPON ME,  
FROM MISFORTUNE IN THE DECREE, AND FROM  
THE JOYS OF THE ENEMIES."

(SAHIH AL-BUKHARI)

رَبُّ اشْرَحْ لِي صَدْرِي وَيَسِّرْ لِي  
أَمْرِي وَاحْلُلْ عُقْدَةً مِنْ لِسَانِي  
يَفْقُهُوا قَوْلِي

Rabbi-shrah li sodri, wa yassir li amri, wahlul  
uqdatan min lisani yafqohu qawli

"LORD, LIFT UP MY HEART AND EASE MY TASK  
FOR ME. REMOVE THE IMPEDIMENT FROM MY  
TONGUE SO THAT THEY MAY UNDERSTAND MY  
SPEECH."

(THE HOLY QURAN 20:25-28)



# CONFIDENT

MY LORD! BESTOW WISDOM ON ME AND MAKE  
ME AMONG THE RIGHTEOUS. BLESS ME WITH  
HONOURABLE MENTION AMONG LATER  
GENERATIONS AND MAKE ME ONE OF THE  
INHERITORS OF THE GARDEN OF BLISS.

(QURAN 26:83-85)

رَبَّنَا عَلَيْكَ تَوَكُّلَنَا وَإِلَيْكَ  
أَنْبَنَا وَإِلَيْكَ الْمَصِيرُ

Robbana, ‘alaika tawakkalna, wa ilaika  
anabna, wa ilaikal-masir

"OUR LORD! IN YOU WE HAVE PLACED OUR  
TRUST, AND TO YOU WE TURN IN REPENTANCE,  
AND TO YOU IS THE FINAL RETURN."

(SURAH AL-MUMTAHANAH, 60:4)

حَسِبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ، عَلَيْهِ  
تَوَكَّلْتُ، وَهُوَ رَبُّ الْعَرْشِ الْعَظِيمِ

HasbiyAllahu la illaha illa Huwa, ‘alayhi  
tawakkaltu, wa Huwa Rabbul arshil azim

"ALLAH IS SUFFICIENT FOR ME. THERE IS  
NONE WORTHY OF WORSHIP BUT HIM. I  
HAVE PLACED MY TRUST IN HIM, AND HE IS  
THE LORD OF THE MAJESTIC THRONE."

(SUNAN ABI DAUD)



# CURIOS

"OUR LORD! IN YOU WE HAVE PLACED OUR  
TRUST, AND TO YOU WE TURN IN  
REPENTANCE, AND TO YOU IS THE FINAL  
RETURN."

(QURAN 60:4)

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

Hasbi-allahu la ilaha illa Huwa 'alaihi  
tawakkaltu wa Huwa Rab-bul 'arshil 'azeem

SUFFICIENT FOR ME IS ALLAH ; THERE IS NO DEITY EXCEPT HIM. ON HIM I HAVE RELIED, AND HE IS THE LORD OF THE GREAT THRONE."

(AT TAWBAH 9:129)

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ شَرِّ سَمْعِي، وَمِنْ  
شَرِّ بَصَرِي، وَمِنْ شَرِّ لِسَانِي، وَمِنْ شَرِّ  
قَلْبِي، وَمِنْ شَرِّ مَنِيِّ

Allahumma innee aauzubika min sharri samee, wa min sharri basaree, wa min sharri lisaanee, wa min sharri qalbee, wa min sharri minnee.

OH ALLAH, I SEEK PROTECTION IN YOU FROM THE EVIL OF MY HEARING, FROM THE EVIL OF MY SIGHT, FROM THE EVIL OF MY TONGUE, FROM THE EVIL OF MY HEART, AND FROM THE EVIL OF MYSELF.



# DEFEATED

"AND WHEN YOU HAVE DECIDED, THEN RELY UPON ALLAH. INDEED, ALLAH LOVES THOSE WHO RELY (UPON HIM)."

(QURAN 3:159)

THE PROPHET (PBUH) SAID: "THERE IS NO MUSLIM WHO CALLS UPON HIS LORD WITH A DUA IN WHICH THERE IS NO SIN OR SEVERING OF FAMILY TIES, BUT ALLAH WILL GIVE HIM ONE OF THREE THINGS: EITHER HE WILL ANSWER HIS PRAYER QUICKLY, OR HE WILL STORE (THE REWARD FOR) IT IN THE HEREAFTER, OR HE WILL DIVERT AN EQUIVALENT EVIL AWAY FROM HIM." THEY SAID: "WE WILL SAY MORE DUA." HE SAID: "ALLAH'S BOUNTY IS GREATER."

(NARRATED BY AHMAD, 10749; AL-TIRMIDHI, 3573.  
CLASSED AS SAHEEH BY AL-ALBAANI IN  
MISHKAAT AL-MASAABEEH, 2199)

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ  
هَذَا الْأَمْرُ خَيْرًا لِي فَاقْدُرْهُ لِي وَيَسِّرْهُ لِي ثُمَّ  
بَارِكْ لِي فِيهِ

Allahumma in kaana haaza alAmr khayran lee fa  
iQdirhu lee wa yassirhu lee summa baarik lee  
feehi

OH ALLAH, IF MY INTENDED ACTION IS BEST FOR ME, MAKE IT DESTINED AND EASY FOR ME, AND GRANT ME YOUR BLESSINGS IN IT.



# DEPRESSED

"THE GREATEST REWARD COMES WITH THE GREATEST TRIAL. WHEN ALLAH LOVES A PEOPLE HE TESTS THEM. WHOEVER ACCEPTS THAT WINS HIS PLEASURE BUT WHOEVER IS DISCONTENT WITH THAT EARNS HIS WRATH."

(SUNAN IBN MAJAH)

اللهم انير في قلبي وعلى لسانني نور وفي اذني نور وفي عيني  
وفوقي نور وتحتي نور وعلى يميني ونوري يسارني وما قبله.  
لي ضوء ورائي ضوء. ضع في نور روحي. كبر لي الضوء ،  
وضاعف الضوء من أجلي. اجعل لي نوراً ، واجعلني نوراً. اللهم  
ارزقني النور واجعل النور في اعصابي وفي جسدي نور وفي  
دمي نور وفي شعري نور وفي بشرتي نور

Allaahummaj'al fee qalbee nooran, wa fee lisaanee nooran, wa fee  
sam'ee nooran, wa fee basaree nooran, wa min fawqee nooran, wa min  
tahtee nooran, wa 'an yameenee nooran, wa 'an shimaalee nooran, wa  
min 'amaamee nooran, wa min khalfree nooran, waj'al fee nafsee nooran,  
wa 'a'dhim lee nooran, wa 'adhdhim lee nooran. Waj'al lee nooran,  
waj'alnee nooran. Allaahumma 'a'tinee nooran, waj'al fee 'asabee  
nooran, wa fee lahmee nooran, wa fee damee nooran, wa fee sha'ree  
nooran, wa fee basharee nooran.

O ALLAH, PLACE LIGHT IN MY HEART, AND ON MY TONGUE LIGHT,  
AND IN MY EARS LIGHT AND IN MY SIGHT LIGHT, AND ABOVE ME  
LIGHT, AND BELOW ME LIGHT, AND TO MY RIGHT LIGHT, AND TO  
MY LEFT LIGHT, AND BEFORE ME LIGHT AND BEHIND ME LIGHT.  
PLACE IN MY SOUL LIGHT. MAGNIFY FOR ME LIGHT, AND AMPLIFY  
FOR ME LIGHT. MAKE FOR ME LIGHT, AND MAKE ME LIGHT. O  
ALLAAH, GRANT ME LIGHT, AND PLACE LIGHT IN MY NERVES, AND  
IN MY BODY LIGHT AND IN MY BLOOD LIGHT AND IN MY HAIR  
LIGHT AND IN MY SKIN LIGHT

AL-BUKHAARI 11/116 (HADITH NO. 6316)

أيها الحي الأبدى ، أيها الأبدى ، برحمةك ، أطلب المساعدة  
'ayuha alhayu al'abadiu , 'ayuha al'abadiu , birahmatik , 'atlub  
almusaeadata

O EVER-LIVING ONE, O EVERLASTING ONE, BY YOUR  
MERCY I SEEK HELP  
[SAHIH AL-HAKIM 1/545, SAHIH AL-JAMI 4791, AT-  
TIRMIDHI – SAHIH]



# DESPERATE

“OUR LORD, GIVE US IN THIS WORLD [THAT WHICH IS] GOOD AND IN THE HEREAFTER [THAT WHICH IS] GOOD AND PROTECT US FROM THE PUNISHMENT OF THE FIRE.”

(QURAN 201)

اللهم أَنْزِلْ عَلَيْ سَكِينَةً مِّنْ عَنْدِكَ  
تُشَرِّحُ بِهَا صَدْرِي وَ تُحْفَظُ بِهَا  
قَلْبِي

Allahumma anzil ealiu alrida aladhi yati mink  
waftah sadri wahfaz bih qalbi

OH ALLAH, DESCEND UPON ME  
SATISFACTION THAT COMES FROM YOU AND  
OPEN MY CHEST AND PROTECT MY HEART  
WITH IT.

اللهم إنما اليسير يسير ويسير  
لك المشق ان شئت

Allahumma anama alyasir yasir wayuyasir lak  
almashq an shiti.

O ALLAH, NOTHING IS EASY EXCEPT WHAT  
YOU MAKE EASY, AND YOU CAN MAKE  
WHAT IS DIFFICULT EASY IF YOU WISH.



# DISBELIEF

ON NO SOUL DO WE PLACE A BURDEN  
GREATER THAN IT CAN BEAR  
(QURAN 23:62)

# اللهم املأ قلبي بحبك

Allahumma imla' qalbee bihubbik

OH ALLAH FILL MY HEART WITH YOUR LOVE.

اللّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمَّ وَ  
الْحُزْنِ، وَالْعَجْزِ وَالْكَسْلِ وَالْبُخْلِ  
وَالْجُبْنِ، وَضُلُّعِ الدَّيْنِ وَغَلَبَةِ الرِّجَالِ

Allaahumma 'innee 'a'oothu bika minal-hammi  
walhazani, wal'ajzi walkasali, walbukhli waljubni,  
wa dhala'id-dayni wa ghalabatir-rijaal

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]



# DOUBTFUL

ALLAH IS THE PROTECTOR OF THOSE WHO  
HAVE FAITH: FROM THE DEPTHS OF DARKNESS  
HE WILL LEAD THEM FORTH INTO LIGHT  
(QURAN 2:257)

اللهم إن كان عملي الذي نويت  
أفضل لي ، فيسر لي الأمر ،  
وارزقني بركاته

Allahumma 'iin kan eamali aladhi nawayt 'afadal li ,  
fayusir li al'amr , warzuqni barakatihi

OH ALLAH, IF MY INTENDED ACTION IS BEST  
FOR ME, MAKE IT DESTINED AND EASY FOR  
ME, AND GRANT ME YOUR BLESSINGS IN IT.

يا الله! امنحني القوة لمقاومة نفسي ،  
والشجاعة لمواجهة ضعفي ، والاقتناع بقبول  
إيماني ، والرضا عن إراحة ذهني ، والتفاهم  
لطمأنة قلبي

Ya Allahu! amnahni alquat limuqawamat nafsi ,  
walshajaeat limuajahat diefay , waliaqtinae biqabul  
'imaniin , walrida ean 'iirahat dhhini , waltafahum  
litam'anat qalbi.

OH ALLAH! GRANT ME THE STRENGTH TO  
OPPOSE MYSELF, THE COURAGE TO FACE MY  
WEAKNESS, THE CONVICTION TO ACCEPT MY  
FAITH, THE SATISFACTION OF TO RELAX MY  
MIND, AND THE UNDERSTANDING TO REASSURE  
MY HEART.



# ENVIOUS

NOR DOES ANY ONE KNOW WHAT IT IS THAT  
HE WILL EARN ON THE MORROW: NOR DOES  
ANY ONE KNOW IN WHAT LAND HE IS TO DIE.  
VERILY WITH ALLAH IS FULL KNOWLEDGE AND  
HE IS ACQUAINTED (WITH ALL THINGS)  
(QURAN 31:34)

اللَّهُمَّ احْفَظْنِي بِالإِسْلَامِ قَائِمًا وَاحْفَظْنِي بِالإِسْلَامِ  
 قَاعِدًا وَاحْفَظْنِي بِالإِسْلَامِ رَاقِدًا وَلَا تُشْمِتْ بِي عَدُوّا  
 وَلَا حَاسِدًا، اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ كُلِّ خَيْرٍ خَزَانِهِ  
 بِيَدِكَ وَأَعُوذُ بِكَ مِنْ كُلِّ شَرٍّ خَازِنِهِ بِيَدِكَ

Allahumma-ahfadni bil-islami qa'imani wah-fadni bil-islami qa'idan  
 wah-fadni bil-islami raqidan wa la tushmit bi aduwaw wa-la hasida,  
 Allahumma inni asaluka min kulli khairin khaza'imuhu biyadik, wa  
 a'udhu bika min kulli sharrin khaza'inuhu biyadik

O ALLAH, PROTECT ME WITH ISLAM WHILE STANDING, PROTECT  
 ME WITH ISLAM WHILE SITTING, PROTECT ME WITH ISLAM  
 WHILE LYING DOWN AND DO NOT GIVE MY ENEMIES A CHANCE  
 TO REJOICE OVER ME, NOR THOSE WHO ENVY ME. O ALLAH, I  
 ASK YOU FOR EVERY GOOD THAT IS STORED IN YOUR HAND  
 AND I SEEK REFUGE IN YOU FROM EVERY EVIL THAT IS  
 STORED IN YOUR HAND  
 (AL-HAKIM 1/525 NO.1924)

وَلَا تَتَمَنَّوْا مَا فَضَّلَ اللَّهُ بِهِ بَعْضَكُمْ عَلَىٰ بَعْضٍ لِلرِّجَالِ  
 نَصِيبُ مِمَّا أُكْتَسِبُوا وَلِلنِّسَاءِ نَصِيبٌ مِمَّا أُكْتَسِبَ  
 وَسْلُوا اللَّهَ مِنْ فَضْلِهِ إِنَّ اللَّهَ كَانَ بِكُلِّ شَيْءٍ عَلِيمًا

Walā tatamannaw mā faḍḍala l-lahu bihi baḍakum 'alā baḍin  
 lilrrijāli naṣībūn mimmā ik'tasabū walilnnisā'i naṣībūn mimmā  
 ik'tasabna wasalū l-laha min faḍlihi inna l-laha kāna bikulli shayin  
 'alīma

DO NOT COVET SOMETHING IN WHICH ALLAH HAS MADE SOME  
 OF YOU SUPERIOR TO OTHERS. FOR MEN THERE IS A SHARE  
 OF WHAT THEY EARNED, AND FOR WOMEN THERE IS A SHARE  
 OF WHAT THEY EARNED. PRAY TO ALLAH FOR HIS GRACE.  
 SURELY ALLAH IS ALL AWARE OF EVERYTHING.  
 (QURAN 4:32)



GRATEFUL

ALLAH IS SUFFICIENT FOR US AND HE IS  
THE BEST GUARDIAN  
(QUR'AN 3:173-74)

رَبِّ أَوْزِعْنِي أَنْ أَشْكُرَ نِعْمَتَكَ الَّتِي  
أَنْعَمْتَ عَلَيَّ وَعَلَى وَالِدَيَّ وَأَنْ أَعْمَلَ  
صَالِحًا تَرْضَاهُ وَأَذْخُلَنِي بِرَحْمَتِكَ فِي  
عِبَادِكَ الصَّالِحِينَ

Rabbi awziAAnee an ashkura niAAmataka  
allateeeanAAamta AAalayya waAAala walidayya waan  
aAAmala salihantardahu waadkhilnee birahmatika fee  
AAibadikaassaliheen

MY LORD, ENABLE ME TO BE GRATEFUL FOR  
YOUR FAVOR WHICH YOU HAVE BESTOWED UPON  
ME AND UPON MY PARENTS AND TO DO  
RIGHTEOUSNESS OF WHICH YOU APPROVE. AND  
ADMIT ME BY YOUR MERCY INTO [THE RANKS OF]  
YOUR RIGHTEOUS SERVANTS.

(SURAH AN-NAML 27:19)

سُبْحَانَ رَبِّيَ الْأَعْلَى

Subhaana Rabbiyal-A 'laa

GLORY IS TO MY LORD, THE MOST HIGH.  
(AT-TIR MIDHI 1:83)



# GUILTY

O MY SERVANTS WHO HAVE TRANSGRESSED  
AGAINST THEMSELVES [BY SINNING] DO NOT  
DESPAIR OF THE MERCY OF ALLAH. INDEED,  
ALLAH FORGIVES ALL SINS. INDEED, IT IS HE  
WHO IS THE FORGIVING, THE MERCIFUL.

(QURAN 39:53)

اللَّهُمَّ إِنَّكَ عَفُوٌ تُحِبُّ الْعَفْوَ  
فَاعْفُ عَنِّي

Allahumma innaka 'afuwwun, tuhibbul-'afwa,  
fa'fu 'anni

'O ALLAH, YOU ARE THE FORGIVER, YOU LOVE  
TO FORGIVE, SO FORGIVE ME.  
(MUSNAD AHMAD, SUNAN IBN MAJAH AND AT-  
TIRMIDH)

اللَّهُمَّ إِنِّي أَسْأَلُكَ فِعْلَ الْخَيْرَاتِ وَتَرْكَ  
الْمُنْكَرَاتِ وَحُبَّ الْمَسَاكِينِ وَأَنْ تَغْفِرَ لِي وَ  
تَرْحَمَنِي

Allahumma inni as-aluka fi'lal-khiraat, wa tarkal-  
munkarat, wa hubbal-masaakiin, wa an-taghfira lii  
wa tarhamanii

O ALLAH, I ASK OF YOU (TO GRANT ME) THE  
OBSERVANCE OF GOOD DEEDS, THE ABANDONMENT  
OF EVIL DEEDS AND LOVE FOR THE POOR, AND (I  
ASK YOU) THAT YOU FORGIVE ME, AND HAVE  
MERCY UPON ME  
(JAMI AT-TIRMIZI)

A large, horizontal watercolor brushstroke serves as the background for the word "HAPPY". The brushstrokes are layered and vary in color, including shades of orange, red, and brown, creating a textured, artistic look.

HAPPY

MENTAL PEACE AND SECURITY ARE QUALITIES  
OF THOSE WHO HAVE FAITH AND WHO HAVE  
NOT DRAWN A VEIL OF WRONGDOING OVER  
THEIR FAITH.

(QURAN 6:82)

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ زَوَالِ نِعْمَتِكَ، وَتَحْوُلِ  
غَافِيَتِكَ، وَفُجَاءَةِ نِقْمَتِكَ، وَجَمِيعِ سَخْطِكَ

Allahumma inni a'udhu bika min zawali ni'matika, wa tahawwuli  
'afiyatika, wa fuja'ati niqmatika, wa jami'i sakhatika

O ALLAH! I SEEK REFUGE IN YOU FROM THE DECLINE OF  
YOUR BLESSINGS, THE PASSING OF SAFETY, THE SUDDEN  
ONSET OF YOUR PUNISHMENT AND FROM ALL THAT  
DISPLEASES YOU.

(RIYAD AS-SALIHIN 1524)

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ  
الْحَمْدُ، وَهُوَ عَلَىٰ كُلِّ شَيْءٍ قَدِيرٌ. سُبْحَانَ اللَّهِ،  
وَالْحَمْدُ لِلَّهِ، وَلَا إِلَهَ إِلَّا اللَّهُ، وَاللَّهُ أَكْبَرُ، وَلَا حَوْلَ وَلَا  
قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ، رَبُّ اغْفِرْلِي

Laa 'illaha 'illallahu wahdahu la shareeka lahu, lahul-mulku wa  
lahul-hamdu, wa Huwa 'alaa kulli shay'in Qadeer Subhaanallahi,  
walhamdu lillaahi, wa laa 'ilaha 'illallahu, wallaahu 'akbar, wa laa  
hawla wa laa Quwwata 'illaa billaalihil-'Aliyyil-'Adheem, Rabbighfir  
lee

THERE IS NONE WORTH OF WORSHIP BUT ALLAH ALONE,  
WHO HAS NO PARTNER, HIS IS THE DOMINION AND TO  
HIM BELONGS ALL PRAISE, AND HE IS ABLE TO DO ALL  
THINGS. GLORY IS TO ALLAH. PRAISE IS TO ALLAH.  
THERE IS NONE WORTH OF WORSHIP BUT ALLAH. ALLAH  
IS THE MOST GREAT. THERE IS NO MIGHT AND NO  
POWER EXCEPT BY ALLAH'S LEAVE, THE EXALTED, THE  
MIGHTY. MY LORD, FORGIVE ME.

(IBN MAJAH: 3878)



# HATRED

"PERHAPS YOU MAY HATE SOMETHING, YET  
IT PROVES BETTER FOR YOU"  
(QURAN 2:216).

اللَّهُمَّ اللَّهُمَّ اكْفِنِي بِحَلَالِكَ عَنْ  
حَرَامِكَ، وَأَغْنِنِي بِفَضْلِكَ عَمَّا  
سِوَاكَ أَذْهَبْ غَيْظَ قَلْبِي

Allaahummak-finee bihalaalika 'an haraamika wa  
'aghninee bifadhlaka '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."

(TIR MIDHI)

اللهم اني رحمتك فلا تتركني مسؤولا عن  
شئوني حتى ولو طرفة عين. وتصح لي كل  
شيء لا شيء له الحق في أن يعبد غيرك  
شئوني.

Allaahumma rahmataka arjoo falaa takilnee ilaa  
nafsee tarfata 'ayn. wa aslih lee sha'nee kullah. Laa  
ilaaha illaa Ant.

O ALLAH, IT IS YOUR MERCY THAT I HOPE FOR, SO DON'T LEAVE ME IN CHARGE OF MY AFFAIRS EVEN FOR THE BLINKING OF AN EYE. AND RECTIFY ALL OF MY AFFAIRS FOR ME. NOTHING HAS THE RIGHT TO BE WORSHIPPED EXCEPT YOU.



# HUMILIATED

AND LET NOT THOSE WHO HAVE NO  
CONVICTION WEAKEN YOU  
(QURAN 30:60)

اللَّهُمَّ أَصْلِحْ لِي دِينِي الَّذِي هُوَ عِصْمَةُ أَمْرِي،  
وَأَصْلِحْ لِي دُنْيَايَ التِّي فِيهَا مَعَاشِي، وَأَصْلِحْ لِي  
آخِرَتِي التِّي فِيهَا مَعَادِي، وَاجْعَلْ الْحَيَاةَ زِيَادَةً لِي  
فِي كُلِّ خَيْرٍ، وَاجْعَلْ الْمَوْتَ رَاحَةً لِي مِنْ كُلِّ شَرٍ

Allahumm-aslih li diniyalladhi huwa ismatu amri, wa aslih li dunyaya-llati fiha ma'ashi, wa aslih li akhirati-llati fiha ma`adi, waj`alil-hayata ziyadatan li fi kulli khair, waj`alil-mauta rahatan li min kulli sharrin

O ALLAH! SET RIGHT MY FAITH WHICH IS THE SAFEGUARD OF MY AFFAIRS. AND SET RIGHT FOR ME MY WORLDY AFFAIRS WHEREIN IS MY LIVING. AND SET RIGHT FOR ME MY HEREAFTER ON WHICH DEPENDS MY AFTER-LIFE. AND MAKE MY LIFE FOR ME (A SOURCE) OF ABUNDANCE FOR EVERY GOOD AND MAKE MY DEATH A SOURCE OF COMFORT FOR ME PROTECTING ME AGAINST EVERY EVIL

[MUSLIM, 35/6565]

[ABU HURAIRAH (RADIALLAHU ANHU) REPORTED THAT THE MESSENGER OF ALLAH (SALALLAHU ALAYHI WASALAM) USED TO SAY (THE ABOVE)]

اللَّهُمَّ لَا سَهْلَ إِلَّا مَا جَعَلْتَهَ سَهْلًا، وَإِنْتَ  
تَجْعَلُ الْحَزْنَ إِذَا شِئْتَ سَهْلًا

Allahumma la sahra illa ma ja'altahu sahra, wa anta  
taj'alul-hazna iza syi'ta sahra.

"O ALLAH, THERE IS NO EASE EXCEPT IN THAT WHICH YOU HAVE MADE EASY AND YOU MAKE THE DIFFICULTY IF YOU WISH, EASY.  
(SAHIH IBN HIBBAN)



ENOUGH FOR ME IS ALLAH. THERE IS NO GOD  
BUT HE. IN HIM I HAVE PLACED MY TRUST, AND  
HE IS THE LORD OF THE GREAT THRONE.

(QURAN 9:129)

اللَّهُمَّ رَحْمَتَكَ أَرْجُو فَلَا تَكْلِنِي إِلَى  
نَفْسِي طَرْفَةً عَيْنٍ وَأَصْلِحْ لِي شَأْنِي  
كُلُّهُ 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  
(5090 | ABU DAWUD 5071)

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'u'l-'Alim

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)



# IMPAITENT

"OUR LORD! POUR OUT ON US PATIENCE,  
AND ALLOW US TO DIE AS MUSLIMS."  
(QURAN 7:126)

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

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

"O ALLAH! THERE IS NO EASE EXCEPT THAT WHICH YOU MAKE EASY, AND INDEED YOU, WHEN YOU WANT, MAKE DIFFICULTIES EASY."  
(SAHIH IBN HIBBAN)

رَبَّنَا أَفْرُغْ عَلَيْنَا صَبْرًا وَتَوَفَّنَا  
مُسْلِمِينَ

Rabbanaa afrigh 'alaynaa sabran watawaffanaa  
muslimeen

"OUR LORD, POUR UPON US PATIENCE AND CAUSE US TO DIE AS MUSLIMS [IN SUBMISSION TO YOU.  
(SURAH AL-A'RAF - 126)

A large, abstract watercolor brushstroke background in shades of orange, red, and purple, creating a textured and artistic base for the text.

# INDECISIVE

IF ALLAH HELPS YOU, THERE IS NONE TO  
OVERCOME YOU. AND IF HE ABANDONS YOU,  
THEN, WHO IS THERE TO HELP YOU AFTER  
THAT? IN ALLAH THE BELIEVERS SHOULD  
PLACE THEIR TRUST.

(QURAN 3:160)

اللهم لا سهل إلا ما جعلته سهلاً  
وأنت تجعل الحزن إذا شئت  
سهلاً

Allahuma la sahl 'iilaa ma jaealath shlaan wa'ant  
tajeal alhuzn 'iidha shit shlaan

"O ALLAH NOTHING IS EASY UNLESS YOU MAKE IT SO, AND IT IS YOU WHO TURNS HARDSHIPS INTO EASE.

(REPORTED BY IBN HIBBAN FROM ANAS)

مهما كانت خططي ، سأسلمها  
لك. سأبذل قصارى جهدي ولكن  
في النهاية ، دع إرادتك تنجز

Mahma kanat khutali sa'usalimuha sa'abdhul  
qursaraa juhdi walakin fi alnihayat dae iiradatiik  
tunjiz

WHATEVER MY PLANS, I HAND IT OVER TO YOU. I WILL DO MY BEST BUT IN THE END,  
LET YOUR WILL BE DONE



# INSECURE

ONLY WHAT ALLAH HAS DECREED WILL  
HAPPEN TO US. HE IS OUR MASTER: LET THE  
BELIEVERS PUT THEIR TRUST IN ALLAH.  
(QURAN 9:51)

رَبِّ اشْرَحْ لِي صَدْرِي وَيَسِّرْ لِي  
أَمْرِي وَاحْلُلْ عُقْدَةً مِنْ لِسَانِي  
يَفْقَهُوا قَوْلِي

Rabb-ishrah li sadri, wa yassir li ‘amri, Wah-lul  
‘uqdatam-min-li-saani, Yaf-qahuu qawlii

O MY LORD! OPEN FOR ME MY CHEST (GRANT ME  
SELF-CONFIDENCE, CONTENTMENT, AND BOLDNESS);  
EASE MY TASK FOR ME; AND REMOVE THE  
IMPEDIMENT FROM MY SPEECH, SO THEY MAY  
UNDERSTAND WHAT I SAY  
(SURAH TA-HA; 2025-28)

قَالُوا سُبْحَنَكَ لَا عِلْمَ لَنَا إِلَّا مَا عَلِمْتَنَا  
إِنَّكَ أَنْتَ الْعَلِيمُ الْحَكِيمُ

Qalu sub'hanaka la ‘il'ma lana illa ma ‘allamtana  
innaka anta l-‘alīmu l-ḥakīm

GLORY BE TO YOU! NO KNOWLEDGE (IS) FOR  
US EXCEPT WHAT YOU HAVE TAUGHT US.  
INDEED YOU! YOU (ARE) THE ALL-KNOWING, THE  
ALL-WISE.



# IRRITATED

OUR LORD, MAKE US DEVOTED TO YOU; MAKE  
OUR DESCENDANTS INTO A COMMUNITY  
DEVOTED TO YOU. SHOW US HOW TO WORSHIP  
AND ACCEPT OUR REPENTANCE, FOR YOU ARE  
THE EVER RELENTING, THE MOST MERCIFUL."

(QURAN 2:128)

اللَّهُمَّ اكْفِنِيهِمْ بِمَا شِئْتَ

Allaahumak-fineehim bimaa shi'ta

O ALLAH, SUFFICE [I.E. PROTECT] ME  
AGAINST THEM HOWEVER YOU WISH  
(MUSLIM 4/2300)

اللَّهُمَّ احْفَظْنِي مِنْ بَيْنِ يَدَيَّ, وَمِنْ  
خَلْفِي, وَعَنْ يَمِينِي, وَعَنْ شِمَالِي  
وَمِنْ فَوْقِي, وَأَعُوذُ بِعَظَمَتِكَ أَنْ  
أُغْتَالَ مِنْ تَحْتِي

Allahuma ahfazni min jabhati wamin warayiy man  
yamini wayasariin wamin fawqi waeuidh  
bieazamatik min jahil min tahti.

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  
(SUNAN IBN MAJAH)



# JEALOUS

"AND WISH NOT FOR THE THINGS IN WHICH ALLAH HAS MADE  
SOME OF YOU TO EXCEL OTHERS. FOR MEN THERE IS  
REWARD FOR WHAT THEY HAVE EARNED, (AND LIKEWISE)  
FOR WOMEN THERE IS REWARD FOR WHAT THEY HAVE  
EARNED, AND ASK ALLAH OF HIS BOUNTY. SURELY, ALLAH IS  
EVER ALL-KNOWER OF EVERYTHING."  
(QURAN 4:32)

اللَّهُمَّ طَهِّرْ قَلْبِي مِنْ كُلِّ خُلُقٍ لَا  
يُرْضِيْكَ

Allahumma tahir qalbi min kull khuluq la yurdik

O ALLAAH, PURIFY MY HEART FROM EVERY  
CHARACTERISTIC THAT IS NOT PLEASING TO YOU  
BOOK PERTAINING TO THE REMEMBRANCE OF ALLAH,  
SUPPLICATION, REPENTANCE AND SEEKING FORGIVENESS  
{KITAAB AD-DHIKR WA DUAA WA TAWBAH WAL  
ISTIGHFAAR}, HADITH 6568|

اللَّهُمَّ إِنِّي أَسْأَلُكَ مُوْجَبَاتِ رَحْمَتِكَ،  
وَعَزَائِمَ مغْفِرَتِكَ، وَالسَّلَامَةَ مِنْ كُلِّ إِثْمٍ،  
وَالغَنِيمَةَ مِنْ كُلِّ بَرٍ، وَالْفُوزَ بِالجَنَّةِ،  
وَالنَّجَاةَ مِنَ النَّارِ

Allahumma inni as-aluka mujbati rahmatik, wa-'aza-  
ima maghfiratik, wassalamata min kulli ithm, wal-  
ghanimata min kulli birr, wal-fauza bil-jannati, wan-  
najati minannar

O ALLAH. I BEG YOU FOR THAT WHICH INCITES YOUR  
MERCY AND THE MEANS OF YOUR FORGIVENESS,  
SAFETY FROM EVERY SIN, THE BENEFIT FROM EVERY  
GOOD DEED, SUCCESS IN ATTAINING JANNAH AND  
DELIVERANCE FROM FIRE.  
(MUSTADRAK AL-HAKIM)



AND WHATEVER OF BLESSINGS YOU HAVE, IT IS  
FROM ALLAH. THEN, WHEN HARM TOUCHES YOU,  
UNTO HIM YOU CRY ALOUD FOR HELP.

(QURAN 16:53)

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْهَمِّ ، وَالْحَرَنِ ، وَالْعَجْزِ ،  
وَالْكَسْلِ ، وَالْبَخْلِ ، وَالْجُنُنِ ، وَضَلَالِ الدِّينِ ، وَغَلَبَةِ  
الرِّجَالِ

Allaahumma innee a'oodhu bika minal-hammi wal-ḥazani,  
wal-'ajzi wal-kasali, wal-bukhli, wal-jubni, wa ḥala'id-dayni, wa  
ghalabatir-rijaal

O ALLAH, I SEEK REFUGE WITH YOU FROM ANXIETY, AND SORROW,  
AND WEAKNESS, AND LAZINESS, AND MISERLINESS, AND  
COWARDICE, AND THE BURDEN OF DEBTS AND FROM BEING OVER  
POWERED BY MEN.

SAHIH AL-BUKHARI 6369

لَهُ الْسِيَادَةُ ، وَلَهُ الْحَمْدُ وَلَهُ سُلْطَانٌ عَلَى كُلِّ شَيْءٍ. اللَّهُمَّ  
إِنِّي أَسأْلُكَ خَيْرَ هَذِهِ اللَّيْلَةِ وَأَعُوذُ بِكَ مِنْ شَرِّ هَذِهِ اللَّيْلَةِ  
وَشَرِّ مَا بَعْدِهَا. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْكَسْلِ وَمِنْ تَاعُبِ  
الشِّيخُوخَةِ. اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عَذَابِ النَّارِ وَعَذَابِ  
الْقَبْرِ.

laḥū'l-mulk wa laḥū'l-hamd wa huwa 'ala kulli shay'in qadeer.  
Allahumma as'aluka khayra hadhihi'l-laylah aa a'oodhu bika  
min sharri hadhihi'l-laylah wa sharri ma ba'daha. Allahumma  
inni a'oodhu bika min al-kasal wa soo' al-kibari. Allahumma  
inni a'oodhu bika min 'adhaabin fi'n-naar wa 'adhaabin f'l-  
qabr

HIS IS THE DOMINION, TO HIM BE PRAISE AND HE HAS POWER  
OVER ALL THINGS. O ALLAH, I ASK YOU FOR THE GOOD OF THIS  
NIGHT AND I SEEK REFUGE IN YOU FROM THE EVIL OF THIS NIGHT  
AND THE EVIL OF WHAT FOLLOWS IT. O ALLAH, I SEEK REFUGE  
WITH YOU FROM LAZINESS AND THE TROUBLES OF OLD AGE. O  
ALLAH, I SEEK REFUGE WITH YOU FROM TORMENT IN THE FIRE  
AND TORMENT IN THE GRAVE.  
NARRATED BY MUSLIM (2723)



# LONELY

"THOSE WHO BELIEVE, AND WHOSE HEARTS FIND  
SATISFACTION IN THE REMEMBRANCE OF ALLAH. FOR  
WITHOUT DOUBT IN THE REMEMBRANCE OF ALLAH DO  
HEARTS FIND SATISFACTION."

(QURAN 13:28)

اللَّهُمَّ رَحْمَتَكَ أَرْجُو فَلا تَكْلِنِي إِلَى  
نَفْسِي طَرْفَةَ عَيْنٍ ، وَأَصْبِلْخَلِي شَأْنِي  
كُلُّهُ ، لَا إِلَهَ إِلَّا أَنْتَ

Allahumma rahmataka arju falaa takilni illa nafsi tarfata  
'aiinan, wa as-ih-li sha'ni kuulahu, la illaha illa anta

O ALLAH, I HOPE FOR YOUR MERCY. DO NOT LEAVE  
ME TO MYSELF EVEN FOR THE BLINKING OF AN EYE.  
CORRECT ALL OF MY AFFAIRS FOR ME. THERE IS  
NONE WORTHY OF WORSHIP BUT YOU  
[ABU DAWUD 4/324, AHMAD 5/42]

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَاتِ مِنْ غَضَبِهِ  
وَعِقَابِهِ، وَشَرِّ عِبَادِهِ، وَمِنْ هَمَزَاتِ  
الشَّيَاطِينِ وَأَنْ يَحْضُرُونِ

A oothu bikalimaatil-laahit-taammaati min ghadhabihu  
wa iqaabihi, wa sharri ibaadihi, wa min hamazaatish-  
shayaateeni wa an yahdhuroon

I SEEK REFUGE IN THE PERFECT WORDS OF  
ALLAH FROM HIS ANGER AND HIS PUNISHMENT,  
FROM THE EVIL OF HIS SLAVES AND FROM THE  
TAUNTS OF DEVILS AND FROM THEIR PRESENCE  
(ABU DAWUD 4/12. SEE ALSO AL-ALBANI, SAHIH  
AT-TIRMIDHI 3/171)



# NERVOUS

OUR LORD! IN YOU WE HAVE PLACED OUR  
TRUST, AND TO YOU WE TURN IN REPENTANCE,  
AND TO YOU IS THE FINAL RETURN.

(QURAN 60:4)

قَدَرَ اللَّهُ وَمَا شَاءَ فَعَلَ

Qaddarallaahu wa maa shaa'a fa'al

ALLAH HAS THE DECREE AND HE DOES WHATEVER  
HE WILLS

[SAHIH MUSLIM 4/2052]

وَفِقْنَا اللَّهُ وَهُوَ خَيْرُ وَلِي

Wafaqna allah wahu khayr waliin

ALLAH IS SUFFICIENT FOR US AND HE IS THE  
BEST GUARDIAN  
(QUR'AN 3: 173-74)

يَا حَيُّ يَا قَيُّومُ، بِرَحْمَتِكَ أَسْتَغْفِرُ  
أَصْلِحِي شَأْنِ كُلُّهُ، وَ لَا تَكِلْنِي إِلَى نَفْسِي  
طَرْفَةً عَيْنٍ

Ya Hayyu Ya Qayyum, birahmatika astaghitsu, aslih li  
sha'ni kullahu, wa la takilni ila nafsi tarfata 'aini

"O THE EVER-LIVING, O THE SELF-SUBSISTING, I SEEK HELP  
THROUGH YOUR MERCY. SET RIGHT ALL MY AFFAIRS AND  
DO NOT LEAVE ME TO MYSELF EVEN FOR THE BLINKING OF  
AN EYE (I.E. A MOMENT)."

(SUNAN AN-NASAI)



# OFFENDED

THE ONES WHO SPEND (FOR ALLAH'S SAKE)  
IN PROSPERITY AND ADVERSITY, AND THOSE  
WHO CONTROL ANGER AND FORGIVE  
PEOPLE. AND ALLAH LOVES THOSE WHO  
ARE GOOD IN THEIR DEEDS  
(QURAN 3:134)

أَسْتَغْفِرُ اللَّهَ الَّذِي لَا إِلَهَ إِلَّا هُوَ  
الْحَيُّ الْقَيُّومُ وَاتُّوْبُ إِلَيْهِ

Astaghfirullah-hal-ladhee laa ilaha illaa huwal-ḥayyul-qayyoomu wa atoobu ilayh

'I SEEK ALLAH'S FORGIVENESS, BESIDES WHOM, NONE HAS THE RIGHT TO BE WORSHIPPED EXCEPT HE, THE EVER LIVING, THE SELF-SUBSISTING AND SUPPORTER OF ALL, AND I TURN TO HIM IN REPENTANCE.'

(ABU DAWUD NO#1517 AT TIRMIDHI NO#3577)

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ هَمٍ يَحْزُنُنِي  
وَمِنْ فِكْرٍ يُقْلِقُنِي وَعِلْمًا يُتَعَبِّنِي  
وَشَخْصًا يَحْمِلُ خُبْثًا لِي

Ya Allahu! 'aseaa 'iilaa maljaik min almakhawif alati tahzinuni , wal'afkar alati tajealuni qlqan , walmaelumat alati tuzeijuni , wal'ashkhas aladhin yaqsidun dhalik syyan bialnisbat li.

OH ALLAH! I SEEK YOUR SHELTER FROM WORRIES THAT SADDEN ME, THOUGHTS THAT MAKE ME RESTLESS, INFORMATION THAT BOTHERS ME, AND PEOPLE THAT INTEND BAD FOR ME.



# PEACEFUL

NO REASON HAVE WE WHY WE SHOULD NOT  
PUT OUR TRUST ON ALLAH. INDEED HE HAS  
GUIDED US TO THE WAYS WE (FOLLOW). WE  
SHALL CERTAINLY BEAR WITH PATIENCE ALL  
THE HURT YOU MAY CAUSE US. FOR THOSE  
WHO PUT THEIR TRUST SHOULD PUT THEIR  
TRUST ON ALLAH(SWT)  
(QURAN 14:12)

اللَّهُمَّ إِنِّي أَسْأَلُكَ عِلْمًا نَافِعًا  
وَرِزْقًا طَيِّبًا وَعَمَلاً مُتَقَبِّلًا

Allahumma inni as-aluka 'ilman naafi'an, wa rizqan tayyiban, wa 'amalan mutaqabbalan

O ALLAH, I ASK YOU FOR BENEFICIAL KNOWLEDGE, GOOD PROVISION AND ACCEPTABLE DEEDS.  
(SUNAN IBN MAJAH)

اللَّهُمَّ اجْعَلْ خَيْرَ عُمْرِي آخِرُهُ وَ خَيْرَ  
عَمَلِي خَوَاتِمُهُ وَ اجْعَلْ خَيْرَ أَيَّامِي يَوْمَ  
الْقَارَ

Allahumma-ja'alna khaira 'umri akhirahu wa khaira 'amali khawatimahu waj-'al ayyami yawma alqaka

O ALLAH, MAKE THE BEST PART OF MY LIFE, THE LAST PART, THE BEST DEED, MY LAST DEED AND THE BEST DAY, IS THE DAY I MEET YOU.  
(SUNAN AN-NASAI)



# RAGE

THOSE WHO SPEND (IN ALLAH'S CAUSE) IN PROSPERITY AND IN ADVERSITY, WHO REPRESS THEIR ANGER, AND WHO PARDON MEN, VERILY, ALLAH LOVES THE AL-MUHSINUN (THE GOOD-DOERS).  
(QURAN 3:134).

اللَّهُمَّ إِنِّي أَسْأَلُكَ تَعْجِيلَ عَافِيَتِكَ وَ  
رَفَعَ بَلَائِكَ ، وَ خُرُوجًا مِنَ الدُّنْيَا  
إِلَى رَحْمَتِكَ

Allahumma inni as'aluka ta'jila 'afiyatika wa  
daf'a balaika, wa khurujan min ad-dunya ila  
rahmatika

O ALLAH, I ASK FOR YOUR HASTE IN  
GRANTING ME PEACE, AND TAKING ME OUT OF  
THE TRIALS OF THIS WORLD TO YOUR MERCY

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْغُفْوَ وَالْعَافِيَةَ  
فِي الدُّنْيَا وَالآخِرَةِ

Allahumma inni as'alukal-'afwa wal 'afiyah fid-  
dunya wal-akhirah

O ALLAH, I SEEK YOUR FORGIVENESS AND MY  
WELL-BEING IN THIS WORLD AND THE  
HEREAFTER  
(SUNAN IBN MAJAH)



# REGRETFUL

OUR LORD! FORGIVE OUR SINS, REMOVE FROM  
US OUR MISDEEDS, AND GRANT THAT WE JOIN  
THE RIGHTEOUS WHEN WE DIE.

(QURAN 3:193)

اللَّهُمَّ عَافِنِي فِي بَدْنِي ، اللَّهُمَّ عَافِنِي فِي سَمْعِي ، اللَّهُمَّ عَافِنِي فِي بَصَرِي ، لَا إِلَهَ إِلَّا أَنْتَ

Allahumma 'aafinee fee badanee, allahumma 'aafinee fee sam'ee, allahumma 'aafinee fee basaree, laa ilaaha illaa ant  
(3x)

O ALLAH, GRANT MY BODY HEALTH, O ALLAH, GRANT MY HEARING HEALTH, O ALLAH, GRANT MY SIGHT HEALTH. NONE HAS THE RIGHT TO BE WORSHIPPED EXCEPT YOU  
[ABU DAWOOD 4/324, AHMAD 5/42, AN-NASAA'I 22/146, IBN SUNNEE 69/35]

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ ، خَلَقْتَنِي وَأَنَا عَبْدُكَ ، وَأَنَا عَلَى عَهْدِكَ وَوَعْدُكَ مَا اسْتَطَعْتُ أَغْوُزُ بِكَ مِنْ شَرًّا مَا صَنَعْتُ ، أَبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ وَأَبُوءُ بِذَنْبِي ، فَاغْفِرْ لِي فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ

Allaahumma anta rabbiy laa ilaaha illaa anta, khalaqtanee wa ana 'abduka, wa ana 'alaa 'ahdika wa wa'dika masta-ṣa'tu a'oodhu bika min sharri maa ṣana'tu, aboo'u laka bi ni'matika 'alayya wa aboo'u bi dhambee, faghfir lee fa innahu laa yaghfir-udh-dhunooba illaa ant

OH ALLAH, YOU ARE MY LORD, NONE HAS THE RIGHT TO BE WORSHIPPED EXCEPT YOU, YOU CREATED ME AND I AM YOUR SLAVE AND I ABIDE TO YOUR COVENANT AND PROMISE AS BEST AS I CAN, I SEEK REFUGE WITH YOU FROM THE EVIL OF WHICH I HAVE COMMITTED. I  
ACKNOWLEDGE YOUR FAVOUR UPON ME AND I  
ACKNOWLEDGE MY SIN, SO FORGIVE ME, FOR VERILY  
NONE CAN FORGIVE SIN EXCEPT YOU.



# SATISFIED

SUCCESSFUL INDEED IS THE ONE WHO  
PURIFIES THEIR SOUL, AND THE ONE WHO  
CORRUPTS IT FAILS.

(QURAN 91:9-10)

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

HasbiyAllahu la illaha illa Huwa, ‘alayhi tawakkaltu, wa Huwa Rabbul arshil azim

ALLAH IS SUFFICIENT FOR ME. THERE IS NONE WORTHY OF WORSHIP BUT HIM. I HAVE PLACED MY TRUST IN HIM, AND HE IS THE LORD OF THE MAJESTIC THRONE.

(SUNAN ABI DAUD)

رَبِّ أَعِنِّي وَلَا تُعِنْ عَلَيَّ، وَانْصُرْنِي وَلَا تَنْصُرْ  
عَلَيَّ، وَامْكُرْ لِي وَلَا تَمْكُرْ عَلَيَّ، وَاهْدِنِي وَيَسِّرْ  
الْهُدَى إِلَيَّ، وَانْصُرْنِي عَلَى مَنْ بَغَى عَلَيَّ

Rabbi a’inni wa-la tu’in ‘alayya, wa-nsumni wa-la tansur  
‘alayya, wa-mkur-li wa-la tamkur alayya, wa-hdini wa-  
yassir-il-huda ilayya, wa-nsumni ‘ala man bagha ‘alayya

MY LORD, AID ME AND DO NOT AID AGAINST ME, AND GRANT ME VICTORY AND DO NOT GRANT VICTORY OVER ME, PLAN FOR ME AND DO NOT PLAN AGAINST ME, GUIDE ME AND FACILITATE GUIDANCE FOR ME, GRANT ME VICTORY OVER THOSE WHO TRANSGRESS AGAINST ME.

(SUNAN AT-TIRMIZI)



# UNCERTAIN

...PLACE YOUR TRUST IN ALLAH. SURELY,  
ALLAH LOVES THOSE WHO PLACE THEIR  
TRUST IN HIM.  
(QURAN 3:159)

اللهم إني عبده وابن عبده وابن أمتك ناصيتي  
بيدك ماض في حكمك عدل في قضاؤك أسائلك  
 بكل اسم هو لك سميت به نفسك أو أنزلته في  
كتابك أو علمته أحدا من خلقك أو استأثرت به علم  
الغيب عندك أن تجعل القرآن ربيع قلبي ونور صدري  
وجلاء حزني وذهاب همي

Allahhumma innee 'abduka, ibnu 'abdiya, ibnu amatika, nasiyatee  
biyadik, madhin fiyya hukmuka, 'adlun fiyya qada-ok, as-aluka  
bikulli ismin huwa lak, sammayta bihi nafsak, aw anzaltahu fee  
kitabik, aw AAallamtahu ahadan min khalqik awis-ta/tharta bihi  
fee AAilmil-ghaybi AAindak, an tajAAalal-Qurana rabeeAAa  
qalbee, wanoora sadree, wajalaa huznee wathahaba hammee.

THE PROPHET(SAW) BLESSINGS AND PEACE BE UPON HIM) SAID:  
"ALLAH WILL RELIEVE ANY SLAVE WHO IS AFFLICTED WITH GRIEF  
AND ANXIETY FROM HIS ANXIETY AND REPLACE HIS GRIEF WITH  
HAPPINESS IF HE SAYS:

'O ALLAH, I AM YOUR SERVANT, SON OF YOUR SERVANT, SON OF  
YOUR MAIDSERVANT, MY FORELOCK IS IN YOUR HAND (I.E. YOU  
HAVE TOTAL MASTERY OVER ME), 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 NAMED  
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  
QURAN THE LIFE OF MY HEART AND THE LIGHT OF MY BREAST,  
AND A DEPARTURE FOR MY SORROW AND A RELEASE FOR MY  
ANXIETY.'

THE PEOPLE ASKED: 'O PROPHET OF ALLAH! SHOULD WE LEARN  
(I.E. MEMORIZE) THESE WORDS'. HE SALLALLAHU 'ALAIHI WA  
SALLAM REPLIED: "YES! EVERYONE WHO HEARS THIS SHOULD  
MEMORISE IT".  
(REPORTED BY AHMAD FROM IBN MAS'OOD)



W E A K

"O BELIEVERS! PATIENTLY ENDURE, PERSEVERE,  
STAND ON GUARD, AND BE MINDFUL OF ALLAH,  
SO YOU MAY BE SUCCESSFUL."

(QURAN 3:200)

رَبِّ اشْرَحْ لِي صَدْرِي وَيَسِّرْ لِي  
أَمْرِي وَاحْلُلْ عُقْدَةً مِنْ لِسَانِي  
يَفْقَهُوا قَوْلِي

Rabbi-shrah li sodri, wa yassir li amri, wahlul uqdatan  
min lisani yafqohu qawli

LORD, LIFT UP MY HEART AND EASE MY TASK  
FOR ME. REMOVE THE IMPEDIMENT FROM MY  
TONGUE SO THAT THEY MAY UNDERSTAND MY  
SPEECH.

(SURAH TAHA, 20:25-28)

رَبَّنَا عَلَيْكَ تَوَكِّلْنَا وَإِلَيْكَ أَنْبَنَا وَإِلَيْكَ  
الْمَصِيرُ

Robbana, 'alaika tawakkalna, wa ilaika anabna,  
wa ilaikal-masir

OUR LORD! IN YOU WE HAVE PLACED OUR  
TRUST, AND TO YOU WE TURN IN REPENTANCE,  
AND TO YOU IS THE FINAL RETURN.

(SURAH AL-MUMTAHANAH, 60:4)

A horizontal band of watercolor brushstrokes in shades of orange, red, and brown, creating a textured, artistic background for the title.

# SELF- REFLECTION

VERILY, ALLAH WILL NOT CHANGE THE (GOOD) CONDITION OF PEOPLE AS LONG AS THEY DO NOT CHANGE THEIR STATE OF (GOODNESS) THEMSELVES".  
(QURAN 13:11)

"THOSE WHO REMEMBER ALLAH (ALWAYS, AND IN PRAYERS) STANDING, SITTING, AND LYING DOWN ON THEIR SIDES, AND THINK DEEPLY ABOUT THE CREATION OF THE HEAVENS AND THE EARTH, (SAYING): OUR LORD YOU HAVE NOT CREATED (ALL) THIS WITHOUT PURPOSE, GLORY TO YOU! (EXALTED ARE YOU ABOVE ALL THAT THEY ASSOCIATE WITH YOU AS PARTNERS). GIVE US SALVATION FROM THE TORMENT OF THE FIRE"

[AAL 'IMRAAN 3:191]

"ALLAH IS HE WHO RAISED THE HEAVENS WITHOUT ANY PILLARS THAT YOU CAN SEE. THEN, HE ROSE ABOVE (ISTAWÂ) THE THRONE (IN A MANNER THAT SUITS HIS MAJESTY). HE HAS SUBJECTED THE SUN AND THE MOON (TO CONTINUE GOING ROUND), EACH RUNNING (ITS COURSE) FOR A TERM APPOINTED. HE MANAGES AND REGULATES ALL AFFAIRS, HE EXPLAINS THE AYÂT (PROOFS, EVIDENCES, VERSES, LESSONS, SIGNS, REVELATIONS, ETC) IN DETAIL, THAT YOU MAY BELIEVE WITH CERTAINTY IN THE MEETING WITH YOUR LORD.

AND IT IS HE WHO SPREAD OUT THE EARTH, AND PLACED THEREIN FIRM MOUNTAINS AND RIVERS AND OF EVERY KIND OF FRUITS HE MADE ZAWJAIN ITHNAÎN (TWO IN PAIRS - MAY MEAN TWO KINDS OR IT MAY MEAN: OF TWO VARIETIES, E.G. BLACK AND WHITE, SWEET AND SOUR, SMALL AND BIG) HE BRINGS THE NIGHT AS A COVER OVER THE DAY. VERILY, IN THESE THINGS, THERE ARE AYÂT (PROOFS, EVIDENCES, LESSONS, SIGNS, ETC) FOR PEOPLE WHO REFLECT"

[AR-RÂ'D 13:2-3]

